

CHRISTOPHER LIAM ROSE

LIFE STORY

My Life Is Like A Story
(Part 3)



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My Like Is Like a Story

By

Christopher Liam Rose

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Acknowledgments

This book is a very important book because it is about my Life Story and life experiences that I have been through. This book is the third book from Christopher Liam Rose Life Story Series. This book is a continuation of the second book Christopher Liam Rose Life Story (Part 2) My Life Is Like a Story.

The main reason why I am writing this book is to show all my life experiences and life story to encourage the reader to believe in Jesus Christ & God and find their Spirituality & Faith.

Christopher Liam Rose is an Author, Mentor, Life Coach, Motivational Speaker, Evangelist, Musician, Teacher, Counsellor, Activist, Philanthropist, Creator, Entrepreneur, Christian who has a passion for helping other people and giving back.

Christopher Liam Rose has been through serious life experiences which has made him into the person he is today. Through all the life challenges, disappointment, setbacks, struggles Christopher Liam Rose has remain persistence and resilience because of his faith in Jesus Christ & God.

Christopher Liam Rose is a very spiritual person who want to help humanity, animals, universe by helping other people and giving back.

This book is the third book about my life story and since the second book Christopher Liam Rose has been through

more life experiences and challenges which he wants to write about in this book. Christopher Liam Rose really want to help other people because he believes his Spiritual Life Purpose is to helping other people and make a difference to humanity, animals, universe by devoting his life to his vocation of Spirituality, Christianity, Mental Health, Music.

Christopher Liam Rose wanted to write a book about his life story to show people that you can be what you want to be and help other people to make a massive difference – impact – contribution in the world.

Christopher Liam Rose want to inspire the next generations of helpers, Evangelists, Musician, Teacher, Creators to be what they want to be in a very challenging world of suffering and pain.

Christopher Liam Rose want to acknowledge all the people who has helped him to write this book and all the people who are very importance to him.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and support me when I was 24 – 25 years from homelessness and mental health crisis to get back into Paid Employment in Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington professional relationship has been for 10 years since 2014 – Present. Christopher Liam Rose owe his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, opportunity. Christopher Liam Rose has now worked with Paul Dorrington as Employment Specialist in SWLSTG at North Kingston Team but would slowly be move on to Peer Support Coordinator

role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and support Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, Dyslexia. Karen is my Spiritual Hero and has helped me to recovery from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcome adversity and life challenges. Karen was the first person that Christopher Liam Rose open up about his past and trauma. In 30/09/2024 Christopher Liam Rose loss his home and all of his possession within a fire which burn away everything that Christopher Liam Rose own including possessions and music equipment's. Karen helped Christopher Liam Rose to deal with the fire and past trauma he experiences and show him the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, desires. Christopher Liam Rose has been writing in journals since 2015 – Present and how many journals of his past life and experiences within the

journals. Christopher Liam Rose & Karen Meechan professional relationship was from 2014 - 2020 when Karen Meechan support Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experience serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan I can live a normal life and I have recovery from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) - Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag heward Mills church called Lighthouse Chapel International #LCI since 2014 - present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, audios that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stay in faith, Christianity, Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mills Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) - Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu Krishnamurti Videos Series - A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and break up from ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation,

Mindfulness, God, Faith, Religion I started to become a Spiritual person and was practising meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve the Spiritually Freedom from the known without Jiddu Krishnamurti teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti he is my spiritual teacher and spiritual philosopher.

Jesus Christ & God - This has become the most important thing within my life to learn and understand Jesus Christ & God. My faith, Spirituality, Christianity is very important to me and being with Jesus Christ & God make me Spiritual. Being a Christian and learning about Spirituality and Christianity has become everything to me and more. My love and devotion for Jesus Christ and God is everything and that why I can be an Evangelist and Teacher in Faith, Spirituality, Christianity.

My spiritual hero is very important to me in my life story and journey, and they are all the reason why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenges but I would change any of my life experiences because it made me who I am today. The only things I would change about my life are the things I did to hurt other people like ex partners, family, childhood abuse.

My life is not perfect by any means, but I have learnt very important life lessons which I want to share in my life story. Please remember readers I am only human being, and I am not perfect but I want you to feel inspire and hope about your future and by reading my books you will find faith, Spirituality, Christianity and become the person you want to be.

- **The Future Is Now - Jiddu Krishnamurti**
- The world is you, and you are the world - Jiddu Krishnamurti
- **It is not your problems that make you who you are, it the person you become that make you who you are - Christopher Liam Rose**
- You Must change Spiritually to help other people now - Christopher Liam Rose
- Urgency of Change - Know Yourself - Jiddu Krishnamurti
- A journey starts with a Single Step - Laozi
- **John 3 .16 KJV - For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.**
- **Philippians 2:4 NIV - not looking to your own interests but each of you to the interests of the others.**
- **Matthew 10:39 NIV - Whoever finds their life will lose it, and whoever loses their life for my sake will find it.**

Chapter 1

Life Coaching Diploma – The Coaching Academy

I wanted to learn more about personal development and life coaching because I was interested in helping other people as a life coach. Paul Dorrington was the first person to introduce me to The Coaching Academy because Paul Dorrington studies his life coaching/personal performance diploma with the coaching academy and Paul Dorrington said to me that this was a unique interesting course to study which you will learn so much about life coaching and personal development. Paul Dorrington told me this when we use to meet up for IPS Sessions in Clapham Junction in Starbucks because at the time Paul Dorrington was an Employment Specialist in SWLSTG.

At first, I was thinking to I want to become a life coach because I have never ever finished university education because I dropout of 2 University Degrees 1) Business Management at Westminster University 2) Business Information Technology at Greenwich University and Lewisham College. When it comes to education and studying, I have never been good at it because of my dyslexia and learning difficulties. Paul Dorrington explained that it would be good to gain some new qualification in Life Coaching which you can use in your businesses and

careers. I thought to myself that this could be a good opportunity to learn new skills and gain a real qualification which can help me within my employment, career, businesses. Paul Dorrington said the coaching academy is one of the best schools for life coaching and NLP Practitioner course. Paul Dorrington said that he completed life coaching/personal performance diploma with the coaching academy and it was one of the most important qualifications he ever receives. I said to Paul Dorrington “do you think I would be a good life coach and be able to complete the life coaching/personal performance diploma”. Paul Dorrington said Yes you would be a great life coach because of your life experience and mental health journey you have gone through. Paul Dorrington said the best life coaches have been through the most suffering and pain and have the compassion and empathy to be able to help other people in what they are going.

Paul Dorrington said this is a course which you would need to invest in and spend time completing because it not necessary about the qualification, but it is about the self-development journey you will be on as you study with the coaching academy. I asked Paul Dorrington how much did you paid for the course. Paul Dorrington said you will need to find out how much the course cost now because it was a different price when I join the coaching academy but normally between £2000 - £3000 for the course. I said to Paul Dorrington that I don't have that much money and I am still struggling financial at the moment in my mental health work. Paul Dorrington gave me some advice “Sometimes you have to take a risk and invest in your future and in yourself” “The best investment is in yourself and your self-learning”. I said to Paul Dorrington ok I will

think about it but deep down I know Paul Dorrington was right this was a great opportunity and I believe I could be a great life coach and help other people in life coaching and personal development.

Paul Dorrington said you don't need to make this massive decision today, but you would need to take the first step which is attending a 2-day Events in Central London with the coaching academy to find out more about life coaching. I said to Paul Dorrington this is great because I am still unsure whether I want to pay for this course or not.

After my conversation with Paul Dorrington, I went home and register to the coaching academy 2-day event in Central London.

The Journey Beginning with The Coaching Academy

I was ready to do the 2-day event with the coaching academy and was register for the 2-day events. This was a massive step in my journey because I was not a person who normally attend any events because I was nervous and shy when it came to meeting new people. I went to this 2-day event in the coaching academy, and we were learning about goals in life coaching and how we use the GROW Model. This was the first time I ever learn about life coaching, and the 2 days events was excellent. I met some wonderful people within the coaching academy and networks with new students and new coaches. This was a great experience and by learning about Goals and Grow Model in life coaching I knew I want to study with the coaching academy and become a life coach. This was a massive step forward into the future, but I was ready to study and become a life coach with the coaching academy. I do believe today this was one of the best educational

decisions I have ever made in my life because the coaching academy is a great organisation and training provider when it comes to life coaching and NLP Practitioners.

I receive a Certificate from the coaching academy of attending 2-day events.



the coaching
academy
inspiring coaching, inspiring success

Europe's Leading
Coach Training Organisation

This is to confirm*

Christopher Rose

attended

The Coaching Academy's
Certificate in
Personal Coaching
Event

on

16th / 17th July 2016 - London

* This is not a certificate of competence. Professional qualifications are available through The Coaching Academy's Diploma courses.

'The Coaching Academy is now the number one Coach training programme in Britain'
- *The Observer*

t. 0208 996 5057 | w. www.the-coaching-academy.com

I realise that become a life coach would be a very motivational thing to do because I had a massive passion to help other people and I wanted to learn new skills and abilities. I believe Paul Dorrington saw my humanity and humility in become a life coach and Paul Dorrington true believe I could this this course. I found a new inspiration when I went to the 2-day events with the coaching academy, and I wanted to become life coach and do the training and diploma.

Once I finished the 2-day events with the coaching academy I made the financial decision to paid for the course and study with the coaching academy.

When I got home, I want on my laptop and did some research on the course I wanted to study. I believe the course I want to study is the life coaching and personal performance diploma with the coaching academy.

This was a massive decision for me, and I made this choice because I felt like I could be a good life coach and help other people.

AC, ICF & CPD ACCREDITED

Life Coaching Course

Our Life Coaching Diploma teaches you how to become a fully accredited and professional life coach. The course is accredited by the Association of Coaching (AC), International Coaching Federation (ICF), Continuous Professional Development (CPD), Small Firms Enterprise Development Initiative (SFEDI) and Enhanced Learning Credits Administration Services (ELCAS).

Suitable for anybody considering setting up your own full or part time coaching business, becoming employed as a professional coach, or looking to use coaching skills as part of your current role.

Life Coaching Course/Personal Performance Diploma is an Accredited Course with AC (Association of Coaching), ICF (International Coaching Federation, CPD (Continuous Professional Development) which was very interesting to me and why I decided to pay for the course.

I spoke with the coaching academy, and they said that I need to pay £3,997 + VAT for the life coaching diploma course but I can pay this fee in Instalments and also get bursary to help me with the fees. I said to the coaching academy yes, I want to join and paid for the course.

This was very important and massive step in my educational journey, but I was ready to learn.

The Journey of becoming a life coach beginning and now I am a Student with The Coaching Academy

I started to pay the first instalments for the life coaching diploma and now I was officially a student with the coaching academy. I told Paul Dorrington I made the

decision to join the life coaching/personal performance diploma and he was very excited and happy for me.

I enrolled to the life coaching diploma course with the coaching academy on **26/09/2017** and started my journey as life coach.

Life Coaching Diploma Course Requirements

Your diploma requirements

You are keen to understand what you need to do to qualify and if there is any paperwork that you need to complete along the way. Below is a bullet point list of what these requirements are.

To complete your Diploma, you will gather evidence to show you have completed your requirements. The evidence is compiled on a series of Learning Record Sheets (LRS) which you will learn more about in the Qualification Paperwork zone. You will submit evidence of the following at the end of your studies:

The videos within the Coach Training Videos section of your Online Learning Portal (or the introductory 2-day foundation event if you enrolled prior to March 2020)

- 6 course modules* (8 when including the introductory and post course modules for your 1st Diploma)
- 39 coaching sessions (minimum of 4 clients over the 39 sessions)
- 5 practical assessments (included in the count of 39 sessions stated above)
- Obtain a client testimonial for each client you work with

- Coaching overview statement for each client you work with
- 6 Coaching Skills webinars (these need to be separate and distinct topic areas)
- 6 Peer to Peer competency discussions (these need to be separate and distinct topic areas)
- 6 mentoring sessions carried out as either 1-2-1 or Group Mentoring
- Overall coaching approach statement
- Complete the relevant final assessment paper.

*You have six wonderful modules to work through for your Personal Performance Diploma with a supporting accelerator day for each of these topic areas.

- Practicalities of Getting Going
- Advanced GR
- Advanced OW
- Values and Beliefs
- Empowering the Coaching Relationship
- Introduction to DISC profiling

We have created an example checklist log for you to use which you will be able to locate as you progress through this section.

This was the requirements I had to do to complete my life coaching diploma.

These are the Modules I had to complete and what I learnt.

1) Advanced GROW 'GR'

Advanced GROW 'GR' covers the following topics:

- Core principles of coaching in relation to Goal and Reality

- Purpose, impact, and importance of goals
- Features of great goals
- Moving from topic to session goal
- Deep questioning (Part One)
- Sequencing questions
- Summarising and reflecting
- Understanding reality
- Completing beneficial reality checks
- Identifying obstacles to progress
- How to avoid making unhelpful assumptions

2) Advanced GROW 'OW'

Advanced GROW 'OW' covers the following topics:

- Core principles of coaching in relation to Options and Way Forward
- Building and sustaining motivation in clients
- Questioning techniques to generate options.
- Stepping outside of yourself to consider situations from different perspectives.
- Success strategies
- Designing actions
- Helping clients commit to action.
- Deep questioning (Part Two)
- Motivational approaches when clients do not complete their actions.
- Dealing with procrastination

3) Empowering The Coaching Relationship

Empowering the Coaching Relationship covers the following topics:

- Building rapport
- Establishing trust

- The psychological contract
- Creating complete attention
- Pacing the session
- Expressing empathy
- Being non-judgemental
- Active listening
- Challenging clients
- Reframing
- Developing awareness in clients
- Dealing with client emotions
- State management for coaches
- Retaining control of sessions

4) Introduction to DISC

Introduction to DISC personality profiling covers the following topics:

- How to identify different personality styles
- How to administer a DISC profile
- How to use DISC in a coaching session
- Practical applications of the DISC tool for coaches
- How to communicate effectively with different personality styles
- How to use DISC as a marketing tool to grow your coaching business7

5) Practicalities of Getting Going as a Coach

The Practicalities of Getting Going as a Coach covers the following topics:

- Responding to telephone enquiries
- Explaining coaching and managing expectations
- Pre-contract information
- Contracts/agreements

- Running an intake session
- Keeping control of sessions
- Not giving advice
- Looking after your own energy
- The image of a professional coach
- Building a series of sessions
- Beginnings and endings of the coaching journey
- Setting homework and exercises

6) Values and Beliefs

Definitions of values and beliefs

- Alignment of values and goals
- Importance of values for both coach and client
- Role of beliefs in both coach and client
- Identifying limiting beliefs
- Overcoming limiting belief
- Building confidence in both you and your clients

7) Post Modules

Definitions of Post Modules

- Life Coaching Business
- Your Life Coaching Business
- Understanding your Life Coaching Niches
- Understanding your Business Goals

Life as a Student in The Coaching Academy

My life as a student in the coaching academy was very good, I learnt so much about life coaching and personal performance in coaching. I was working part time and full-time careers jobs as a I was studying my life coaching diploma with the coaching academy which was very difficult because I couldn't full focus on my studies in life

coaching. I realise to be a successful student you need to make time throughout your week where you can focus on studying and learning. I had to attend Accelerator days, Webinars, Mentoring, Life Coaching Sessions with Students which was very good, and I learnt so much for my life coaching sessions and training. Being a student and working part time or full-time jobs is not easy and the advice I would give to myself now is to make sure you focus on your studies as a student, or you will fall back.

I also had to do lots of LRS (Learning Record Sheets) for all the 6 modules, accelerator days, webinars, mentoring, post modules that I was learning with the coaching academy on life coaching diploma which was very hard work.

I worked with 7 Student in the coaching academy doing life coaching sessions which was very great learning and really enjoyed it because it helped me to learn about life coaching in a practical way at the beginning of my life coaching sessions, I was not very good with the life coaching questions but as you practice and practice, I started to feel more comfortable and become better as a life coach. I also had to do 5 Practical Assessment where I got assessed the coaching academy assessor which was very scary but I manage to completed all 5 practical assessment which was great. When it comes to practical assessments, I had to make sure I was on top of my game and do excellent life coaching to student I believe you get better when you do lots of life coaching sessions.

It is important to be kind to yourself when you're learning in the coaching academy and sometimes you will make mistakes but that all part of the learning and understanding of being a life coach.

Being a student in the coaching academy is a life changing experience of self-development and life coaching and it was one of the best decisions I made to join the coaching academy and do the life coaching diploma course.

The mentoring sessions was really good where you can talk with a mentor about your life coaching and journey as a student this really helped me in my life coaching development to learn new skills and get feedback on Practical Assessment.

I believe to be a good life coach you need to be able to actively listening to clients and asked the right questions to help them in the Life Coaching Session. Using the Grow Model help me to asked questions in a structure order which was very good when doing life coaching sessions with students.

Completing my Life Coaching Diploma in October 2023

In October 2023 I completed all my life coaching diploma studies and officially got my life coaching diploma after 6 years of studying with the coaching academy.

Christopher Liam Rose - Life Coaching Diploma - October 2023



It was a massive achievement and milestone to get my life coaching diploma and took me 6 years of studying to achieve it. I was very happy and now I am a qualified life coach.

Achieving this life coaching diploma was very important to me because it helped me to realise even though I didn't have a degree qualification within my academic life I can still complete a life coaching diploma and gain good grades from my studies. It is very important to realise that studying this life coaching diploma was a very hard thing to do because I have learning difficulties and dyslexia which make it difficult to study productively which was a massive challenge. I have realised that completing this life coaching diploma was a very important step in my

education journey and spiritual journey. This course helps me to find my learning and understanding which was very important for my professional and career growth. I realise that I need to stay educated and focus on doing more course which will help me to increase my learning and understanding.

Helping Other People is very important to me, and this course was the first ever course I did in Personal Development and Life Coaching. Now that I am a qualified life coach, I am able to support clients within life coaching and personal development. This course has not just help me professional but has always helped me spiritually and personally. It is important to realise that learning and developing yourself because very important for your career development and professional development.

This course was life-changing and very inspiration because I learnt so many things about life coaching and personal development.

I would recommend that readers that want to study with the coaching academy in life coaching/personal performance that you should do it. Make sure you find a way to spend time learning about life coaching in this diploma because this is the most important thing.

To achieve my life coaching diploma took 6 years which is normally achieve in 2 – 3 years. The reason why it took so long to complete my life coaching diploma was because I was working part time and full time within mental health but I still manage to achieve it. This is very important because to achieve something important to you take time and sometimes sacrifice which is important on your educational journey in learning and studying.

The coaching academy is a great organisation to learn about life coaching with and I have met great students from the coaching academy who has help me on my educational journey to become a life coach.

I still remember the time when I started my life coaching diploma onto the journey that I have made since then.

In 6 years of studying life coaching, I have had a professional career within mental health for 10 years. I have achieved some much on my YouTube channel and spoken about life coaching and personal development in helping other people. I have helped Thousands of people in mental health, faith.

Learning and Education is very important in life coaching, personal development, life.

Chapter 2

Award Winning Rising Star Award (Staff) (SWLSTG) Quality Awards 2023

I was working as Employment Specialist at North Kingston Team in SWLSTG support clients in IPS Employment Specialist Work. My lead Paul Dorrington (Lead Employment Specialist) and North Kingston Team nominate me for Rising Star Award (Staff) Quality Awards 2023 which I was not expecting to be nominate for I was just doing my work as an Employment Specialist. I realise this would be a spiritual dream if I did receive this award because this would make an Award-Winning NHS Professional.

I was working very hard as an Employment Specialist which was very difficult work, but this award would be the very first award, I have ever received for working in the NHS. I was very excited about this nomination and felt spiritual that I would be able to achieve this award.

On the **08/02/2024** I went to the **Quality Awards 2023 at - 211 Balham High Road, London, SW17 7BQ at 17.00 - 21.00**. On this day I was working as Employment Specialist and had to do some IPS Sessions with clients. At around 15.30 I left my home to go to the Quality Awards

2023 and all I could think about is winning the award as Rising Star Staff (Staff).

In the Quality Awards 2023 all the NHS (CEO, Senior Management, Leads) was all there this was a massive day for me and at first, I was very nervous and didn't know what to expect when it came to Rising Star Award (Staff).

The ceremony was very special and lots of NHS Professional won Awards that evening.

Then the moment I have been waiting for came for the Nominations for Rising Star Award (Staff). This was a very spiritual moment in my life, and I told Paul Dorrington, Kat, Rob that I believe I will win this award and I had a great chance.

The moment I was waiting for the NHS Staff said, "The Winner of Rising Star Award (Staff) – Quality Awards 2023 is Christopher Rose".

I jump out of my chair with a massive smile and full of joy with lots of feelings and emotions because it was very overwhelming.

I was now an NHS Professional Award Winner of Rising Star Award (Staff) – Quality Awards 2023.

I receive my Award and it was so amazing feeling of joy and happiness but I knew in my heart that I was going to get this award I just felt the intuition and spirituality of achieving this award and it was going to be mine.

This was a very special moment in my life and I wrote about the evening in my journal.

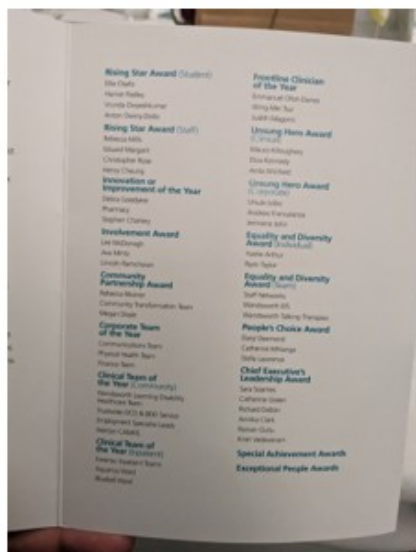
All the CEO, Senior Management, Lead was all applauding for me.

My true spiritual honour was for Paul Dorrington & Karen Meechan who helped me when I was 24 years old in mental health crisis and homelessness.

I realise this massive dream and been fulfilled - Words cannot explain how it felt.







Christopher Liam Rose



IPS



IPS



Award Winning Rising Star Award (Staff) (SWLSTG) 08.09.2024

When you achieve a Spiritual Dream like this it can transform your life in every way. Jesus Christ & God was the massive Spiritual Honour for this award. It is overwhelming and very spiritual to me.

I was very happy that I won my very first award for the work I have done within the SWLSTG (NHS). This was a massive award and I am happy that my work as receive the recognition for all the years I worked for the NHS which is amazing.

This award means a lot to me because I was a Service User in SWLSTG for many years when I was 15 – 25 years old but to win a award for my hard work is priceless and it is a very spiritual feeling of achievement, success and hope.

Anyone can win a award if you put your heart and mind in everything you do for the clients. I am very passionate about helping other people due to my lived experience of Scizophrenia, Psychosis, Depression which helped me to work in the mental health industry for 10 years. Paul Dorrington and Karen Meechan always had faith in my and showed me hope which is the main reason I won this amazing awards.

It is emotional to know that you are being honoured for the work you do and I do believe I can win more awards if I keep helping other people in what they are going through.

From Service User – Mental Health Difficulties – Homelessness – Award Winning NHS Professional

This spiritual dream is so amazing and I am grateful to Jesus Christ & God for helping me to achieve this award.

My life mission is to help other people in what they are going through and make sure no one goes through the life experience I went through

My mental health conditions - homelessness - life challenges have made the the person I am and I wouldn't change anything because it gave me the skills and abilities to build a successful hopeful life for myself.

My passion is to help other people and give back.

Chapter 3

IPS Grow Award Winning Quality Mark Award 2022 – 2023 (Good Fidelity) (SWLSTG)



In my role as Employment Specialist at SWLSTG (NHS) I had to support clients in IPS Employment Support. This work was very hard work but very rewarding and I was making sure I helped clients to get into Paid Employment and Job opportunities that they really wanted to do.

Paul Dorrington (Lead Employment Specialist) told the IPS Employment Specialist Team – (Chris Rose, Billy Wong, Matthew Vidal, Chris W, Rob Hill, Laurie S, Vick S) that North Kingston & South Kingston Team will be going through a Fidelity Review with IPS Grow to see how IPS Employment Service is operating in Kingston Borough. Paul Dorrington told us all this in March – April 2023 which was ok. Paul Dorrington said Christopher Rose and Matthew Vidal will be going through the Fidelity Review with Paul Dorrington for North and South Kingston Team.

This was massive news to me, and I realise that I am going to be very busy for the next few months preparing for Fidelity Review.

In a Fidelity Review all the IPS Employment Specialist Management, North Kingston Team, South Kingston Team, Clients get Interviewed by IPS Grow.

IPS Grow is the board of IPS Practice within England, Wales, Ireland, Scotland, and they are the board that hire all of the Employment Specialist in NHS.

We found out the news about Fidelity Review in ES Weekly Meeting which we normally have on Friday morning between 10.00 – 12.00.

Paul Dorrington tried his best to comfort Me and Matthew Vidal, but we knew that this was going to be very challenging and lots of work. I realise once I knew I was going to go through a Fidelity Review that I need to work more productively and make sure I do my best for clients when it comes to IPS Employment Specialist Support.

Me and Matthew Vidal had 6 – 7 Month to get ready for Fidelity Review as an Employment Specialist.

I knew I was going to be very stressed when it comes to Fidelity Review because I was new to Employment Specialist Work, and I understood that I need to do well for North Kingston Team and South Kingston Team.

After the ES Weekly Meeting I took some time to write in my journal and process what I need to do to get a good Fidelity Review.

Paul Dorrington said to Me and Matthew Vidal that he will teach us what we need to do for Fidelity Review, and we will go through the process together.

Preparing for Fidelity Review

Now that I knew I was going through a Fidelity Review the pressure was on to do very well for IPS Employment Specialist Team for SWLSTG (NHS) and represent North Kingston Team and South Kingston Team.

The first things I need to do is get very organised on what I need to do to get a good fidelity review. Paul Dorrington said to me you need to make sure you choose 5 clients that you want to put forward in the Fidelity Review and updates all the IPS Folders – IPS, Vocational Profile, In Work Support.

Paul Dorrington said you need to take Screenshot evidence of all the 5 clients IPS Information from Progress notes. I said to Paul Dorrington this is going to be lots of work because I have work with these 5 clients for number of months.

What I decided to do is first updated the IPS Folders of the 5 clients I have chosen to go through Fidelity Review. I created a Fidelity Review checklist for each client of the evidence that I need to provide for IPS Grow.

How to Fidelity Review Works is that all Employment Specialist are measure on the Fidelity Review from a Scale 1 – 5 from 25 Fidelity Review Points if you do everything right on each point of the Fidelity Review then you score more for Fidelity Scale. To have a good Fidelity Review you need to score a certain about of points.

Exemplary Score - 115 - 125

Good Fidelity - 100 - 114

Fair Fidelity - 74 - 99

Not Support Employment - 73 - Below

IPS Fidelity Scale

UK Version

Reviewer	
Employment Service and site	
Employment specialist	

Fidelity Review Date:	Fidelity Review date	Date of previous Fidelity Review	Time since last review	
Total Score:	Fidelity Review score this Review	Fidelity level this Review	Fidelity Review score last Review	Fidelity level last review

Exemplary Score	115-125
Good Fidelity	100-114
Fair Fidelity	74-99
Not supported employment	73 and below

Summary	
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Data sources:

Management Info Documents

Management Information System
Document review of employment service and clinical records, NHS Trust policy and procedures

Interviews

Interviews with clients, employment specialists, mental health staff, related programme staff, partner organisation staff, families, or employers

Observations

Observations of team meetings and employment specialists

Employment Plan

Individual Employment Plan

Reference:

This UK scale is a slight adaption of The Dartmouth Supported Employment Fidelity Scale. Becker, D. R., Swanson, S. J., Bond, G. R., Carlson, L., Flint, L., Smith, G., et al. (2008). Supported Employment Fidelity Scale. Lebanon, NH: Dartmouth Psychiatric Research Center

(<http://dms.dartmouth.edu/prc/employment/>).

This UK version has been adapted by Centre for Mental Health

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

1. Caseload size: Employment specialists have individual employment caseloads. The maximum active caseload for any full-time employment specialist is 20 or fewer active clients. See the Fidelity Review Manual for a definition of active clients.

Anchor:

1	Ratio of 41 or more clients per employment specialist.
2	Ratio of 31-40 clients per employment specialist.
3	Ratio of 26-30 clients per employment specialist.
4	Ratio of 21-25 clients per employment specialist.
5	Ratio of 20 or fewer clients per employment specialist.

Comments:

Recommendations:

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

2. Employment services staff: Employment specialists provide only employment services and do not provide mental health case management services. However, employment specialists may also assist clients to solve a range of employment related personal problems that may be barriers to employment.

Anchor:

1	Employment specialists provide employment services less than 60% of the time.
2	Employment specialists provide employment services 60 – 74% of the time.
3	Employment specialists provide employment services 75 - 89% of the time.
4	Employment specialists provide employment services 90 – 95% of the time.
5	Employment specialists provide employment services 96% of the time.

Comments:

Recommendations:

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

3. Vocational generalists: Each employment specialist carries out all phases of employment service, including intake, engagement, assessment, job placement, job coaching, and follow-along support before step down to less intensive employment support from another MH practitioner and/or peer support. Note: It is not expected that each employment specialist will provide benefits counselling to their clients. Referrals to a highly trained benefits counsellor are in keeping with high fidelity (see Item 12).

Anchor:

1	Employment specialist only provides vocational referral service to vendors and other programmes.
2	Employment specialist maintains caseload but refers clients to other programmes for vocational services.
3	Employment specialist provides one to four phases of the employment service (e.g. intake, engagement, assessment, job development, job placement, job coaching, and following along supports).
4	Employment specialist provides five phases of employment service but not the entire service.
5	Employment specialist carries out all six phases of employment service (e.g. programme intake, engagement, assessment, job development/job placement, job coaching, and follow-along support).

Comments:

Recommendations:

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

4. Integration of supported employment with mental health treatment through team assignment:
Employment specialists are part of up to 2 mental health treatment teams from which at least 90% of the employment specialist's caseload is comprised.

Anchor:

1	Employment specialists are part of a vocational programme that functions separately from the mental health treatment.
2	Employment specialists are attached to three or more mental health treatment teams. <u>OR</u> Clients are served by individual mental health practitioners who are not organized into teams <u>OR</u> Employment specialists are attached to one or two teams from which less than 50% off the employment specialist's caseload is comprised.
3	Employment specialists are attached to one or two mental health treatment teams, from which at least 50–74% of the employment specialist's caseload is comprised.
4	Employment specialists are attached to one or two mental health treatment teams, from which at least 75 – 89% of the employment specialist's caseload is comprised.
5	Employment specialists are attached to one or two mental health treatment teams, from which at least 90 – 100% of the employment specialist's caseload is comprised.

Comments:

Recommendations:

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

Integration of supported employment with mental health treatment through frequent team member contact: Employment specialists actively participate in weekly “client focused” meetings with the mental health treatment team, (not replaced by administrative meetings), that discuss individual clients and their employment goals with shared decision-making. Employment specialist’s office is in close proximity to (or shared with) their mental health treatment team members. Documentation of mental health treatment and employment services is integrated in a single client record. Employment specialists help the team think about employment for people who haven’t yet been referred to supported employment services.

Anchor:

1	One or none is Present	<u>Five key components.</u> • Employment specialist attends weekly client focused meetings with the mental health treatment team. • Employment specialist participates actively in the team meetings with shared decision-making. • Employment services documentation (vocational assessment/profile, employment plan, progress notes) is integrated into the client’s mental health record. • Employment specialist’s office is in close proximity to (or shared with) the mental health team members. • Employment specialist helps the team think about employment for people who haven’t yet been referred to supported employment services
2	Two are present	
3	Three are present	
4	Four are present	
5	Five are present	

Comments:

Recommendations:

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

6. Collaboration between employment specialists and key staff members in Government DWP programmes and their contractors. Liaison is important to promote sufficient referrals and to obtain assistance with Benefits and other return to work assistance. For instance in the UK this will be JobCentre Plus and Work Programme/Work Choice Providers. The employment specialists and Government funded programme staff have frequent contact for the purposes of identifying potential referrals, discussing shared clients, and obtaining additional assistance.

Anchor:

1	Employment specialists and Government funded programme staff have client-related contacts (phone, e-mail, in person) less than quarterly to discuss shared clients and referrals. <u>OR</u> Employment specialists and related programme staff do not communicate.
2	Employment specialists and Government funded programme staff have client-related contacts (phone, e-mail, in person) at least quarterly to discuss shared clients and referrals.
3	Employment specialists and Government funded programme staff have client-related contacts (phone, e-mail, monthly to discuss shared clients and referrals. in person) monthly to discuss shared clients and referrals.
4	Employment specialists and Government funded programme staff have scheduled, face-to-face meetings at least quarterly, <u>OR</u> have client-related contacts (phone, e-mail, in person) weekly to discuss shared clients and referrals.
5	Employment specialists and Government funded programme staff have scheduled, face-to-face meetings at least monthly and have client-related contacts (phone, e-mail, in person) weekly to discuss shared clients and referrals.

Comments:

Recommendations:

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

7. Vocational unit: At least 2 full-time employment specialists and a team leader comprise the employment unit. They have weekly client-based group supervision following the supported employment model in which strategies are identified and job leads are shared. They provide coverage for each other's caseload when needed.

Anchor:

1	Employment specialists are not part of a vocational unit.
2	Employment specialists have the same supervisor but do not meet as a group. They do not provide back-up services for each other's caseload.
3	Employment specialists have the same supervisor and discuss clients between each other on a weekly basis. They provide back-up services for each other's caseloads as needed <u>OR</u> , If a supported employment service is in a rural area where employment specialists are geographically separate with one employment specialist at each site, the employment specialists meet 2-3 times monthly with their supervisor by teleconference.
4	At least 2 employment specialists and a team leader form an employment unit with 2-3 regularly scheduled meetings per month for client-based group supervision in which strategies are identified and job leads are shared and clients discussed between each other. They provide coverage for each other's caseloads when needed <u>OR</u> , If a supported employment service is in a rural area where employment specialists are geographically separate with one employment specialist at each site, the employment specialists meet 2-3 times per month with their supervisor in person or by teleconference and mental health practitioners are available to help the employment specialist with activities such as taking someone to work or picking up job applications.
5	At least 2 full-time employment specialists and a team leader form an employment unit with weekly client-based group supervision based on the supported employment model in which strategies are identified and job leads are shared. They provide coverage for each other's caseloads when needed.

Comments:

Recommendations:

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

8. Role of employment supervisor: Supported employment unit is led by a supported employment team leader. Employment specialists' skills are developed and improved through outcome-based supervision. All five key roles of the employment supervisor are present.

Anchor:

1	One or none is Present	<u>Five key roles of the employment supervisor:</u> • One full-time equivalent (FTE) supervisor is responsible for no more than 10 employment specialists. The supervisor does not have other supervisory responsibilities. (Supported Employment leaders supervising fewer than ten employment specialists, may spend a percentage of time on other supervisory activities on a prorated basis. For example, an employment supervisor responsible for 4 employment specialists may be devoted to SE supervision half time). • Supervisor conducts weekly supported employment supervision designed to review client situations and identify new strategies and ideas to help clients in their work lives. • Supervisor communicates with mental health treatment team leaders to ensure that services are integrated, to problem solve programmatic issues (such as referral process, or transfer of follow- along to mental health workers) and to be a champion for the value of work. Attends a meeting for each mental health treatment team on a quarterly basis. • Supervisor accompanies employment specialists, who are new or having difficulty with job development, in the field monthly to improve skills by observing, modelling, and giving feedback on skills, e.g., meeting employers for job development. • Supervisor reviews current client outcomes with employment specialists and sets goals to improve the Supported Employment Service performance at least quarterly.
2	Two are present	
3	Three are present	
4	Four are present	
5	Five are present	

Comments:

Recommendations:

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

9. Zero exclusion criteria: All clients with mental health conditions interested in working have access to supported employment services, regardless of job readiness factors, substance abuse, symptoms, history of violent behaviour, cognitive impairments, treatment non-adherence, and personal presentation. Employment specialists offer to help with another job when one has ended, regardless of the reason that the job ended or number of jobs held. Clients are not screened out formally or informally.

Anchor:

1	There is a formal policy to exclude clients due to lack of job readiness (e.g., substance abuse, history of violence, low level of functioning, etc.) by employment staff, case managers, or other practitioners.
2	Most clients are unable to access supported employment services due to perceived lack of job readiness (e.g., substance abuse, history of violence, low level of functioning, etc.).
3	Some clients are unable to access supported employment services due to perceived lack of job readiness (e.g., substance abuse, history of violence, low level of functioning, etc.).
4	No evidence of exclusion, formal or informal. Referrals are not solicited by a wide variety of sources. Employment specialists offer to help with another job when one has ended, regardless of the reason that the job ended or number of jobs held.
5	All clients interested in working have access to supported employment services. Mental health practitioners encourage clients to consider employment, and referrals for supported employment are solicited by many sources. Employment specialists offer to help with another job when one has ended, regardless of the reason that the job ended or number of jobs held.

Comments:

Recommendations:

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

10. The Mental Health Trust which refers demonstrates a focus on competitive employment:

The NHS Trust promotes competitive work through multiple strategies. The NHS Trust initial assessment, includes questions about interest in employment. The NHS Trust displays written postings (e.g., brochures, bulletin boards, posters) about employment and supported employment services. The focus should be with the Trust services for adults with severe mental illness. The Trust supports ways for clients to share work stories with other clients and staff. The Trust measures rate of competitive employment and shares this information with Trust leadership and staff.

Anchor:

1	One or none is Present	Trust promotes competitive work through multiple strategies:
2	Two are present	• Trust intake includes questions about interest in employment. • Trust includes questions about interest in employment on all annual (or semi-annual assessment or treatment plan reviews.
3	Three are present	• Trust displays written postings (e.g., brochures, bulletin boards, posters) about working and supported employment services, in lobby and other waiting areas. • Trust supports ways for clients to share work stories with other clients and staff (e.g., Trust-wide employment recognition events, in-service training, peer support groups, Trust newsletter articles, invited speakers at client treatment groups, etc.) at least twice a year.
4	Four are present	• Trust measures rate of competitive employment on at least a quarterly basis and shares outcomes with Trust leadership and staff.
5	Five are present	

Comments:

Recommendations:

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

11. Executive team support for SE: NHS Trust executive team members (e.g., CEO/Executive Director, Chief Operating Officer, QA Director, Chief Financial Officer, Clinical Director, Medical Director, Human Resource Director) assist with supported employment implementation and sustainability. All five key components of executive team support must be present for a score of 5.

Anchor:

1	One is present	Executive Director and Clinical Director demonstrate knowledge regarding the principles of evidence-based supported employment
2	Two are present	Trust quality assurance process includes an explicit review of the SE programme, or components of the programme, at least every 6 months through the use of the Supported Employment Fidelity Scale or until achieving high fidelity, and at least yearly thereafter. Trust quality assurance process uses the results of the fidelity assessment to improve SE implementation and sustainability.
3	Three are present	At least one member of the executive team actively participates at SE leadership team meetings (steering committee meetings) that occur at least every six months for high fidelity programmes and at least quarterly for programmes that have not yet achieved high fidelity. Steering committee is defined as a diverse group of stakeholders charged with reviewing fidelity, programme implementation and the service delivery system. Committee develops written action plans aimed at developing or sustaining high fidelity services.
4	Four are present	The Trust CEO/Executive Director communicates how SE services support the mission of the Trust and articulates clear and specific goals for SE and/or competitive employment to all Trust staff during the first six months and at least annually (i.e., SE kickoff, all-Trust meetings, Trust newsletters, etc.). This item is not delegated to another administrator.
5	Five are present	The IPS service leader shares information about IPS Evidence Based Barriers (difficulties) and Facilitators (successes) with the Trust Executive Team (including the CEO) at least twice each year. The Executive Team helps the service leader identify and implement solutions to barriers.

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

12. Work incentives planning: All clients are offered assistance in obtaining comprehensive individualised work incentives planning before starting a new job and assistance accessing work incentives planning thereafter when making decisions about changes in work hours and pay. Work incentives planning includes the impact on all sources of income and fringe benefits (Personal independence payments, travel concession, DLA, Working Tax Credits, Universal Credit etc..) and all costs associated with commencing or changing employment. Clients are provided information and assistance about reporting earnings to any other programme that needs to know the new income details (e.g. Housing, Council Tax, HMRC etc).

Anchor:

1	Work incentives planning is not readily available or easily accessible to most clients served by the IPS service.
2	Employment specialist gives client contact information about where to access information about work incentives planning.
3	Employment specialist discusses with each client changes in benefits based on work status.
4	Employment specialist or other MH practitioner offers clients assistance in obtaining comprehensive, individualized work incentives planning by a person trained in work incentives planning prior to client starting a job.
5	Employment specialist or other MH practitioner offer clients assistance in obtaining comprehensive, individualized work incentives planning by a specially trained work incentives planner prior to starting a job. They also facilitate access to work incentives planning when clients need to make decisions about changes in work hours and pay. Clients are provided information and assistance about reporting earnings to DWP, housing programmes, etc, depending on the person's benefits.

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

13. Disclosure: Employment specialists provide clients with accurate information and assist with evaluating their choices to make an informed decision regarding what is revealed to the employer about having a disability.

Anchor:

1	None is present	• Employment specialists do not require all clients to disclose their psychiatric disability at the work site in order to receive services. • Employment specialists offer to discuss with clients the possible costs and benefits (pros and cons) of disclosure at the work site in advance of clients disclosing at the work site. Employment specialists describe how disclosure relates to requesting accommodations and the employment specialist's role communicating with the employer. • Employment specialists discuss specific information to be disclosed (e.g., disclose receiving mental health treatment, or presence of a psychiatric disability, or difficulty with anxiety, or unemployed for a period of time, etc.) and offers examples of what could be said to employers. • Employment specialists discuss disclosure on more than one occasion (e.g., if clients have not found employment after two months or if clients report difficulties on the job.)
2	One is present	
3	Two are present	
4	Three are present	
5	Four are present	

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

14. Ongoing, work-based vocational assessment: Initial vocational assessment occurs over 2-3 sessions and is updated with information from work experiences in competitive jobs. A vocational profile form that includes information about preferences, experiences, skills, current adjustment, strengths, personal contacts, etc., is upgraded with each new job experience. Aims at problem solving using environmental assessments and consideration of reasonable accommodations. Sources of information include the client, treatment team, clinical records and with the client's permission, information from family members and previous employers.

Anchor:

1	Vocational evaluation is conducted prior to job placement with emphasis on office-based assessments, standardized tests, intelligence tests, work samples.
2	Vocational assessment may occur through a stepwise approach that includes: prevocational work experiences (e.g., work units in a day programme), volunteer jobs, or set aside jobs (e.g., Trust-run businesses, sheltered workshop jobs, affirmative businesses, enclaves).
3	Employment specialists assist clients in finding competitive jobs directly without systematically reviewing interests, experiences, strengths etc. and do not routinely analyse job loss (or job problems) for lessons learned.
4	Initial vocational assessment occurs over 2-3 sessions in which interests and strengths are explored. Employment specialists help clients learn from each job experience and also work with the treatment team to analyse job loss, job problems and job successes. They do not document these lessons learned in the vocational profile, <u>OR</u> The vocational profile is not updated on a regular basis.
5	Initial vocational assessment occurs over 2-3 sessions and information is documented on a vocational profile form that includes preferences, experiences, skills, current adjustment, strengths, personal contacts, etc. The vocational profile form is used to identify job types and work environments. It is updated with each new job experience. Aims at problem solving using environmental assessments and consideration of reasonable accommodations. Sources of information include the client, treatment team, clinical records, and with the client's permission, from family members and previous employers. Employment specialists help clients learn from each job experience and also work with the treatment team to analyse job loss, job problems and job successes.

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

15. Rapid job search for competitive job: Initial employment assessment and first face-to-face employer contact by the client or by the employment specialist about a competitive job occurs within 30 days (one month) from start of programme.

Anchor:

1	First <u>face-to-face</u> contact with an employer by the client of the employment specialist about a competitive job is on average 271 days or more (>9months) after programme entry.
2	First <u>face-to-face</u> contact with an employer by the client or the employment specialist about a competitive job is on average 151 and 270 days (5-9 months) after programme entry.
3	First <u>face-to-face</u> contact with an employer by the client or the employment specialist about a competitive job is on average between 61 and 150 days (2-5 months) after a programme entry.
4	First <u>face to face</u> contact with an employer by the client or the employment specialist about a competitive job is on average between 31 and 60 days (1-2 months) after programme entry.
5	The programme tracks employer contacts and the first <u>face-to-face</u> contact with an employer by the client or the employment specialist about a competitive job is on average within 30 days (one month) after programme entry.

Comments:

Recommendations:

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

16. Individualised job search: Employment specialists make employer contacts aimed at making a good job match based on client's preferences (relating to what each person enjoys and their personal goals) and needs (including experience, ability, symptoms, health, etc) rather than the job market (i.e., those jobs that are readily available). An individualised job search plan is developed and updated with information from the vocational assessment/profile form and new job/educational experiences.

Anchor:

1	Less than 25% of employer contacts by the employment specialist are based on job choices which reflect client's preferences, strengths, symptoms, etc. rather than the job market.
2	25-49% of employer contacts by the employment specialist are based on job choices which reflect client's preferences, strengths, symptoms, etc. rather than the job market.
3	50-74% of employer contacts by the employment specialist are based on job choices which reflect client's preferences, strengths, symptoms, etc., rather than the job market.
4	75-89% of employer contacts by the employment specialist are based on job choices which reflect client's preferences, strengths, symptoms, etc., rather than the job market and are consistent with the current employment plan.
5	Employment specialists makes employer contacts based on job choices which reflect client's preferences, strengths, symptoms, lessons learned from previous jobs etc., 90-100% of the time rather than the job market and are consistent with the current employment/job search plan. When clients have limited work experience, employment specialists provide information about a range of job options in the community.

Comments:

Recommendations:

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

17. Job development - Frequent employer contact: Each employment specialist makes at least 6 face-to-face employer contacts per week on behalf of clients looking for work. *(Rate for each week then calculate average and use the closest scale point)*. An employer contact is counted even when an employment specialist meets the same employer more than one time in a week, and when the client is present or not present. Client-specific and generic contacts are included. Employment specialists use a weekly tracking form to document employer contacts.

Anchor:

1	Employment specialist makes less than 2 face-to-face employer contacts that are client-specific per week.
2	Employment specialist makes 2 face-to-face employer contacts per week that are client-specific, <u>OR</u> Does not have a process for tracking.
3	Employment specialist makes 4 face-to-face employer contacts per week that are client-specific, and uses a tracking form that is reviewed by the SE supervisor on a monthly basis.
4	Employment specialist makes 5 face-to-face employer contacts per week that are client-specific, and uses a tracking form that is reviewed by the SE supervisor on a weekly basis.
5	Employment specialist makes 6 or more face-to-face employer contacts per week that are client specific, or 2 employer contacts times the number of people looking for work when there are less than 3 people looking for work on their caseload (e.g., new programme). In addition, employment specialist keeps records that can be reviewed by a supervisor on a weekly basis.

Comments:

Recommendations:

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

18. Job development - Quality of employer contact: Employment specialists build relationships with employers through multiple visits in person that are planned to learn the needs of the employer, convey what the Supported Employment programme offers to the employer, describe client strengths that are a good match for the employer (*Rate for each employment specialist, then calculate average and use the closest scale point*).

Anchor:

1	Employment specialist meets employer when helping client to turn in job applications, <u>OR</u> Employment specialist rarely makes employer contacts.
2	Employment specialists contacts employer to ask about job openings and then shares these "leads" with clients.
3	Employment specialist follows up on advertised job openings by introducing self, describing programme, and asking employer to interview client.
4	Employment specialist meets with employers in person whether or not there is a job opening, advocates for clients by describing strengths and asks employers to interview clients.
5	Employment specialist builds relationships with employers through multiple visits in person that are planned to learn the needs of the employer, convey what the SE programme offers to the employer, describe client strengths that are a good match for the employer.

Comments:

Recommendations:

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

19. Diversity of job types: Employment specialists assist clients in obtaining different types of jobs, i.e. there are no or few clients employed in exactly the same role.

Anchor:

1	Employment specialists assist clients to obtain different types of jobs less than 50% of the time.
2	Employment specialists assist clients to obtain different types of jobs 50-59% of the time.
3	Employment specialists assist clients to obtain different types of jobs 60-69% of the time.
4	Employment specialists assist clients to obtain different types of jobs 70-84% of the time.
5	Employment specialists assist clients to obtain different types of jobs 85-100% of the time.

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

20. Diversity of employers: Employment specialists assist clients in obtaining jobs with different employers, i.e. there are no, or few, clients working to the same manager, department or in the same small company.

Anchor:

1	Employment specialists assist clients to obtain jobs with different employers less than 50% of the time.
2	Employment specialists assist clients to obtain jobs with the same employers 50-59% of the time.
3	Employment specialists assist clients to obtain jobs with different employers 60-69% of the time.
4	Employment specialists assist clients to obtain jobs with different employers 70-84% of the time.
5	Employment specialists assist clients to obtain jobs with different employers 85-100% of the time.

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

21. Competitive jobs: Employment specialists provide job options that have permanent or semi-permanent status. Jobs pay at least the minimum wage (not sheltered work), are jobs that anyone would be eligible to apply for and are not set aside for people with disabilities. (Seasonal jobs and fixed-term jobs from temporary agencies are counted as semi-permanent competitive jobs)

Anchor:

1	Employment specialists provide options for permanent, competitive jobs less than 64% of the time, OR There are fewer than 10 current jobs.
2	Employment specialists provide options for permanent, competitive jobs about 65-74% of the time.
3	Employment specialists provide options for permanent competitive jobs about 75-84% of the time.
4	Employment specialists provide options for permanent competitive jobs about 85-94% of the time.
5	95% or more competitive jobs held by clients are permanent.

Comments:

Recommendations:

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

22. Individualized follow-along support: Clients receive different types of in - work support that are based on the job, client preferences, work history, needs, etc. Supports are provided by a variety of people, including mental health support and clinicians (e.g., medication changes, social skills training, encouragement), family, friends, co- workers (i.e., natural supports), and employment specialist. Employment specialist also provides employer support (e.g., educational information, job accommodations) at client’s request. Employment specialist offers help with career development, i.e., assistance with education, a more desirable job, or more preferred job duties.

Anchor:

1	Most clients do not receive supports after starting a job.
2	About half of the working clients receive a narrow range of supports provided primarily by the employment specialist.
3	Most working clients receive a narrow range of supports that are provided primarily by the employment specialist.
4	Clients receive different types of support for working a job that are based on the job, client preferences, work history, needs, etc. Employment specialists provide employer supports at the client’s request.
5	Clients receive different types of support for working a job that are based on the job, client preferences, work history, needs, etc. Employment specialist also provides employer support (e.g., educational information, job accommodations) at client’s request. The employment specialist helps people move onto more preferable jobs and also helps people with education or certified training programmes. The site provides examples of different types of support including enhanced supports by treatment team members.

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

23. Time-unlimited follow-along supports: Employment specialists have face-to-face contact within 1 week before starting a job, within 3 days after starting a job, weekly for the first month, and at least monthly for a year or more, on average, after working steadily and as desired by clients. Clients are transitioned to step down job supports from a mental health worker following steady employment. Employment specialists contact clients within 3 days of learning about the job loss. Discharge date is not completely governed by the fixed time limits of a programme or funding.

Anchor:

1	Employment specialist does not meet face-to-face with the client after the first month of starting a job.
2	Employment specialist has face-to-face contact with less than half of the working clients for at least 4 months after starting a job.
3	Employment specialist has face-to-face contact with at least half of the working clients for at least 4 months after starting a job.
4	Employment specialist has face-to-face contact with working clients weekly for the first month after starting a job, and at least monthly for a year or more, on average, after working steadily, and as desired by clients.
5	Employment specialist has face-to-face contact within 1 week before starting a job, within 3 days after starting a job, weekly for the first month, and at least monthly for a year or more, on average, after working steadily and as desired by clients. Clients may be transitioned to intermittent support, or regular monitoring, following steady employment. Employment specialist contacts clients within 3 days of hearing about the job loss.

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

24. Community-based services: Employment services such as client engagement, job finding and follow-along supports are provided in natural community settings by all employment specialists. *(Rate each employment specialist based upon their total weekly scheduled work hours, then calculate the average and use the closest scale point).*

Anchor:

1	Employment specialist spends 30% time or less in the scheduled work hours in the community.
2	Employment specialist spends 30-39% time of total scheduled work hours in the community.
3	Employment specialist spends 40-49% of total scheduled work hours in the community.
4	Employment specialist spends 50-64 % of total scheduled work hours in the community.
5	Employment specialist spends 65% or more of total scheduled work hours in the community.

Comments:

Recommendations:

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

25. Assertive engagement and outreach by integrated treatment team: While participation is voluntary, support is not terminated based on missed appointments or fixed time limits. There is systematic documentation of outreach attempts. Engagement and outreach attempts are made by both mental health and employment team members. Multiple home/community visits are made. Families are contacted when applicable. Once it is clear that the client no longer wants to work or continue receiving the supported employment services, the team stops outreach.

Anchor:

1	Evidence that 2 or less strategies for engagement and outreach are used.	• Service termination is not based on missed appointments or fixed time limits. • Systematic documentation of outreach attempts. • Engagement and outreach attempts made by integrated team members. • Multiple home/community visits. • Coordinated visits by employment specialist with integrated team member. • Connect with family, when applicable.
2	Evidence that 3 strategies for engagement and outreach are used.	
3	Evidence that 4 strategies for engagement and outreach are used.	
4	Evidence that 5 strategies for engagement and outreach are used.	
5	Evidence that all 6 strategies for engagement and outreach are used.	

Comments:

Recommendations:

SCORE SUMMARY

	Element	Last Fidelity Review	This Fidelity Review	Change in score
STAFFING				
1	Number on caseload			
2	Employment Services Staff			
3	Vocational Generalists			
ORGANISATION				
4	Integration with CMHT through team assignment			
5	Integration with CMHT through frequent contact			
6	Collaboration between employment specialists and JC+/WP			
7	Vocational unit			
8	Role of employment supervisor			
9	Zero exclusion criteria			
10	Mental Health Trust focus on competitive employment			
11	Executive Team support			
SERVICES				
12	Work incentives planning			
13	Disclosure			
14	Ongoing, work-based vocational assessment			
15	Rapid search for competitive job			
16	Individualised job search			
17	Job development – Frequent employer contact			
18	Job development – Quality of employer contacts			
19	Diversity of job types			
20	Diversity of employers			
21	Competitive jobs			
22	Individualised follow-along supports			
23	Time-unlimited follow-along supports			
24	Community-based services			
25	Assertive engagement and outreach by integrated team			
				Change
	Total score			
	Maximum IPS score		125	

This is a Document of how the Fidelity Review Scale looks like.

My plan to achieve a Good Fidelity score was to make sure I show all the evidence for five clients I was working with in North Kingston Team.

What I started to do is work very hard to get all the evidence for 5 Clients for IPS Grow. I had to work very hard from Monday – Friday 09.00 – 20.00 every day and on the weekend Saturday and Sunday to get all the work done for Fidelity Review. At first this was overwhelming work because I still had to provide IPS Employment Specialist Service to 25 IPS Clients on my Caseload and prepare for fidelity review.

I was getting very burnt out and tired because of the pressure and workload of the Fidelity Review. I had months to get all the evidence for IPS Grow but the workload was overwhelming and very challenging.

I told Paul Dorrington that the only way I would be able to get all the evidence for 5 clients is if I work overtime and on weekend. Paul Dorrington encourages me to not do this, but I said it is the only way I can do this.

During April – November 2023 I was still working hard as Employment Specialist working with IPS Clients on caseload. I was preparing all the evidence for Fidelity Review when I was not working with clients, I was doing lots of employer engagement in Kingston, Job Fairs, Retail Shops to improve my Employer Engagement and I was working overtime and really giving it my all.

The fidelity review preparing was very hard work but I managed to do my best in getting all the evidences.

Paul Dorrington said the Fidelity Review will be on **31/10/2024, 01/11/2023, 02/11/2023, 03/11/2023 (4 Days).**

Me and Matthew Vidal worked extremely hard to get all the evidence ready for our 5 clients for South & North Kingston Teams.

After hours and hours and hours of lots of work I was finally done with all the evidence for 5 clients which was a great relief.

I had to make sure all the little things were update to date from CV, Cover Letter, Progress Notes, Job Applications for 5 clients as Evidence.

I had to prepare five clients for Fidelity Review. I had to talk to North Kingston Team to see what NHS Clinicians can do the Fidelity Review from North Kingston Team with support from my Team Manager Jessica Wall and Paul Dorrington.

Fidelity Review - Employer Engagement Observations 20/10/2024

On 20/10/2023 Me and Matthew Vidal had to do a Fidelity Review Observation for Employer Engagement with Julia Stapleton (IPS Grow Reviewer) in Kingston.

Me and Matthew Vidal was doing Employer Engagement Preparation in Starbucks in Kingston Bentall Centre and just making sure we were ready to meet with Julia Stapleton.

Me, Matthew Vidal and Julia Stapleton met in Starbucks in Kingston and Julia said to us are you both ready for Employer Engagement Observations, we said Yes.

First, I did the Employer Engagement in Tommy Hilfiger and spoke to a manager named Paula (Supervisor) for Tommy Hilfiger in Kingston. I asked Paula lots of employer engagement questions and build a rapport with her even doe she was very busy running the Tommy Hilfiger store. I believe I did my best in that first employer engagement and I did very well. Julia was very impressed and saw that I can do employer engagement properly. Matthew Vidal did his first employer engagement in Nike Store in Kingston and spoke with the manager there. Matthew Vidal did excellent employer engagement and really build rapport with manager. When Matthew Vidal did his employer engagement, I was outside the Nike Store waiting. Julia was super impressed by Matthew Vidal and had lots of positive comments for Matthew Vidal which was very good.

Me, Matthew Vidal, Julia Stapleton took a break in Kingston Bentall Centre and spoke about IPS Employer Engagement. Julia Stapleton was asking as both questions about IPS and Employment Specialist Work.

After we went for some lunch in Weatherspoon (Matthew Vidal Home) and we had some food before we did the next part of Employer Engagement Observations.

My next employer engagement was at Travelodge with my good Manager friend Jehaan. Me and Jehaan had a conversation about Travelodge, the business, job opportunities, clients who are working in Travelodge as employee. This employer engagement was in the afternoon around 14.00 – 15.00. Jehaan is a great manager and I really did great employer engagement with him because we have an excellent professional relationship. Jehaan said that Christopher Rose has been an excellent

employment specialist and have helped me to get real talent of employee for Travelodge (Kingston). Julia took lots of notes and was very impressed by Me and Jehaan relationship and rapport. Julia said to me that this was very good employer engagement and Christopher Rose you did very well.

Matthew Vidal second Employer Engagement was in a Retail Shop with one of the managers and Matthew Vidal and Julia was in this employer engagement for nearly 1 hours because Matthew Vidal had an excellent rapport with Managers at 15.00 – 16.00. Matthew Vidal discuss Job Opportunities, business, how manager was doing, employees. Staff and management. Julia was super impressed by Matthew Vidal employer engagement and said you have done excellent Matthew Vidal in your employer engagement.

After 17.00 Julia said we are now finished the Employer Engagement Observations now. I am going to write up the notes and give my feedback for IPS Grow. Me and Matthew Vidal said thank you to Julia Stapleton for Fidelity Review (Employer Engagement) and we had a good time working with you.

IPS Grow - Fidelity Review for South & North Kingston Team

On **31/10/2024** the Fidelity Review was beginning Me, Matthew Vidal, Paul Dorrington was all in Tolworth Hospital from 11.00 – 17.00 to make sure the Fidelity Review run smoothly. On this day South & North Kingston Team NHS Clinicians had Interviews with IPS Grow Reviewers. Also,

some clients had Interviews with IPS Grow for Fidelity Review.

Me, Matthew Vidal, and Paul Dorrington was very nervous but was very happy that Fidelity Review was running smoothly.

On **01/11/2024** the Fidelity Review was still going with IPS Grow looking from all the Evidence for 5 clients that me and Matthew Vidal put forward for Fidelity Review and NHS Clinicians from South & North Kingston Team was getting interview by IPS Grow Reviewers and Clients was having Interviews with IPS Grow Reviewers.

On **02/11/2024** the Fidelity Review was continuing I had my Fidelity Review Interview with Yasmin (IPS Grow Reviewer) which went very well, and I was asked questions about IPS, IPS Caseload, Employer Engagement Outcomes, My IPS Work Performance, Employment Specialist Work. In the Fidelity Review Interview with Yasmin, I gave it my all and made sure I showed my work as Employment Specialist.

IPS Grow Reviewer did more Fidelity Review Interviews with NHS Clinicians and Clients.

Christopher Liam Rose Reflection on Fidelity Review with IPS Grow

- I learn that I need to do more community work with clients.
- I need to do more employer engagement with clients.
- Hard work pays off.
- Slow and Steady win the race.
- Always be yourself in the Fidelity Review.

- Focus on your clients and achieve job outcomes.
- Understand your KPI, Targets, Outcomes.
- Learn from Paul Dorrington, Kat, Rob (Lead Employment Specialist).
- Do the best things for your clients.
- Helping other people is important work.
- Helping other people is about your clients.
- IPS is a transformation process.
- IPS Grow feedback is important learning.
- Always do all IPS Paperwork properly.
- Do more effective progress notes and say things in bullet points.
- Health and Wellbeing is number 1.
- Fidelity Review is a learning experience.
- You learn so much about yourself in Fidelity Review.
- IPS is one of the best interventions for clients.
- Mental Health Recovery is possible through Employment.

On **03/11/2024** the Fidelity Review was coming to an end and the IPS Grow Reviewer was doing the final NHS clinicians Interviews and Client Interviews. IPS Grow Reviewers was make sure they were going through all the paperwork for Me and Matthew Vidal South & North Kingston Team for all our 10 clients (5 clients for each team).

I was so happy on this day because the Fidelity Review was finally over and there nothing more I can do for North Kingston Team and Paul Dorrington.

I booked a well-deserved Annual Leave from 09/11/2023, 13/11/2023 to 17/11/2023 on Health Roster today at 12.48

which I told Paul Dorrington & Jessica Wall to Approve Annual Leave.

Doing a Fidelity Review was very hard work but I learn so much about IPS Employment Specialist Work.

Fidelity Review Results for South & North Kingston Team

IPS Grow said to Paul Dorrington that South & North Kingston Team **score 112** for Fidelity Review which is a Good Fidelity and Me and Matthew Vidal was award winners for **IPS Grow Award Winning Quality Mark Award 2022 - 2023 (Good Fidelity) (SWLSTG)**.

Me, Matthew Vidal, Paul Dorrington was so happy about our Fidelity Review Results because we put so much work into Fidelity Review and make sure we all gave it our best, I was very happy that now I was an Award Winner IPS Employment Specialist. This was very massive achievement and milestone for me because this was in my first 6 months of being an Employment Specialist.

This Fidelity Review Score was the highest in London which was great news for South & North Kingston Team and Paul Dorrington, Kat, Rob, and all of IPS Employment Specialist Team.

[Kingston employment service scores highest in London!
\(swlstg.nhs.uk\)](https://swlstg.nhs.uk)

[Kingston IPS scores highest in London! \(sharepoint.com\)](https://sharepoint.com)



2022-2023

CERTIFICATE OF ACHIEVEMENT

AWARDED TO

South West London and St Georges Mental Health NHS Trust- Kingston

In recognition of achieving **Good Fidelity**

Score: 112

CENTRE @
MENTAL
HEALTH

 SOCIAL
FINANCE

 IPS
GROW

South & North Kingston Team Photo

IPS Grow Award Winning Quality Mark Award 2022 - 2023
(Good Fidelity) (SWLSTG)



NHS
South West London and
St George's Mental Health
NHS Trust

Chapter 4

Margate Holiday (16/11/2024 to 19/11/2024)

I want to take some Annual Leave because of the Fidelity Review which took some much energy and time to completed and I wanted to take a break so I can reflect on my life and where I want to go in the future. My favourite place to take breaks and relax is in Margate because when I was younger visit Margate for the first time on a school trip and felt in love with the seaside and town of Margate.

One day I want to live in Margate and be at the seaside all the time in my own house or flat and maybe rise a family of my own with my wife (If I get married).

I went on my laptop to www.booking.com and booked a hotel room in Westbrook Lodge Guest House, 9 Westcliff Gardens, Margate, UK, CT9 5DS. Booking number - 4179418573 and paid £204.00 for hotel room.

I also told my management Jessica Wall and Paul Dorrington that I will be going to Margate for Annual Leave on 16/11/2023 to 19/11/2023.

On **16/11/2023** I left my flat in Battersea and packed my suitcase with clothes and toiletries and went to Margate. I took the 44 buses to Victoria and went to Victoria Underground station and travel to St Pancras Station.

At St Pancras Station I took the South-eastern trains to Margate, but I had to paid for Trains tickets to Margate because my freedom pass didn't work. I paid £50.00 for return tickets to Margate (ST Pancras Station to Margate - Margate to St Pancras Station).

On the trains to Margate, I was reading New Earth by Eckart Tolle and The Secret by Rhonda Byrne. I have always been a spiritual person and reading spirituality books helps me to learn more about ourselves. Spirituality is very important to me, and I believe when your spiritual you need to spend time learning and studying.

I learnt from the books that your spiritual presence is the most important thing, and the law of attraction will help you attract the things which you desire.

Spirituality and Nature is one of my most important things and I really honour my spirituality.

I knew while I was travelling on the trains that this break will be a spiritual trip and I will learn so much about myself and what I want to do in my life.

I was on the south-eastern trains and then we reach Margate.

As soon as I got off the trains, I felt so happy and joyful that I was finally at Margate and now I can enjoy my Annual Leave. I didn't want to think about any work or employment things while I was in Margate.

I went to Westbrook Lodge Guest House and met with the owners it was a married couple who was renting the room in the West Lodge Guest House for people who was travelling to Margate for travel and breaks.

I went to my room I had a double bedroom and had all the things that you need in a hotel rooms. I drop off all my suitcase and started to unpack my clothes and toiletries in Hotel Room.

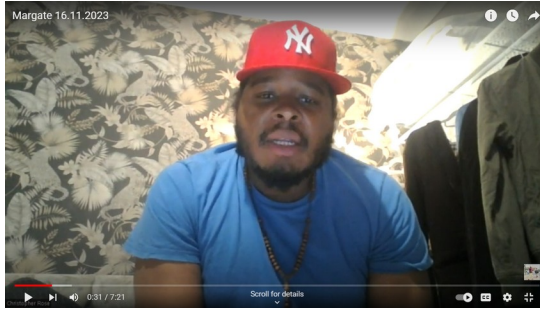
Once I was ready and unpack, I went to Margate and started to do some filming of Margate because I want to make a Documentary of 2 films. 1) Margate Timeless 2) I am Spiritual Documentary.

I started to do lots of filming and going to lots of restaurants in Margate this was so amazing and I was really enjoying myself.

For my YouTube Channel I created a video called **Margate 16/11/2023**.







Margate 16.11.2023 - YouTube Video

<https://www.youtube.com/watch?v=tR1nZL50j8s>

On **17/11/2023** I did lots of filming in Margate on the beach filming the documentary I am Spiritual Documentary.

I created 2 Videos - #SGRLIVE - Margate Season - #SGRLIVE - I am Spiritual which I uploaded on Dropbox and YouTube

I created the new documentary I am Spiritual Documentary and uploaded in on YouTube.

It was so good being in Margate and enjoying filming and my Annual Leave

I did go to some restaurants to eat and had Chinese takeaway from Yummy Yummy in Margate for £8.90.

I created a YouTube Video called **Margate 17/11/2023.**

<https://www.youtube.com/watch?v=qw2OJgHaQHU>







On **18/11/2023** I did some more filming in Margate and created Margate Timeless for YouTube.

I took lots of pictures and videos of Margate and completed filming Margate Timeless

Margate is such a great place to take a break in and I was really enjoying my break.

I went to restaurants and had lots of different foods which was great.

I created a new YouTube Video called **Margate 18/11/2023.**

<https://www.youtube.com/watch?v=nC73LjdljQA>







On 19/11/2023 I had to left Margate and Westbrook Lodge Guest House and travel back to London (Battersea). My experience of Margate was great, and this break make me think about helping other people, spirituality, Jesus Christ, God, faith, music.

I learnt that sometimes when your very busy and you need to break to give yourself time and space to have a break.

Breaks are just as important as working.

It was good staying in the Hotel Room at Westbrook Lodge Guest House, and I enjoyed my restful sleep and hospitality there by the owners.

I packed up my suitcase and toiletries and left Westbrook lodge Guest house and went to Margate Trains Stations.

I took the south-eastern trains to Margate to St Pancras Station with my suitcase and then when on the underground from St Pancras Station to Vauxhall. I then took a 344 Bus from Vauxhall to Battersea and went back to my flat.

I went to Church (Westminster Cathedral) and prayed to Jesus Christ & God to say thank you for my Margate Holiday and Spiritual Development.

When I got home, I created a YouTube Video called **Margate 19/11/2023.**

https://www.youtube.com/watch?v=ynS8cS_ED9k



Chapter 5

Starz Gang Rockstarz



I have always had a passion and desire to create spiritual music which has meaning and value that helps the listeners understand Spiritual Change. My music now has spiritual grown and spiritual develop into spiritual music and spiritual change. Being a musician has always been my true talent and spiritual gift which I share with the world and listeners. Starz Gang Rockstarz is still a Music, Media, Entertainment company but their true focus on SGR is to create spiritual music which will help the next generations of Musicians, Rappers, Singers, Producers, Content Creators become who they want to be. I have created some of my best albums in 2023 - 2024 and my music has transformed in frequency and energetic waves. I realise as a musician and going through a spiritual change that transform my life in 30/09/2014 when I lost my home and all my possessions, I realise that my gift and responsibility is to create music which is spiritual. When I was working in my music company SGR in 2010 - 2014 I was not creating spiritual music but I was creating true rap music. Since the loss of my home and all of my possessions I realise I went through a spiritual awakening and spiritual change that transform my life in every way when it comes to the creations of music and want, I want to rap about in my music. My focus is now to create spiritual music that

inspire people and help humanity, animals, universe move forward.

Spiritual music is the spiritual revolution and the future of all my new albums, mixtapes, ep, singles. As a Spiritual Musician I want SGR to be a Music company that live by the morals, beliefs, values of Jesus Christ – God – Helping Other People. I believe a massive change in my music and song writing comes from me helping other people within my daily life and always giving back to people who are going through serious challenges. I realise my gift is to help other people through music and work which I self-discovery when I went through my challenges and serious struggles.

Paul Dorrington (Lead Employment Specialist) & Karen Meechan (Clinical Psychologist) really helped me to get back on my feet after being homeless and mentally psychotic through helping me to get back into employment and learn coping strategies to overcome my life challenges.

I believe my influence in music now is based on Jesus Christ & God, Paul Dorrington, Karen Meechan for all helping me when I was going through mental health difficulties. In my music I try to talk about ways of bettering society and world which is a massive focus for me. I believe that Music is a spiritual thing and as a Spiritual Musician and Artist I must create music which is going to change humanity for the better and promote hope, control, opportunity, change.

Faith is very important to me, and my music is now spiritual because I want listeners to understand that believe in Jesus Christ & God can change your whole life for

the better and when you discover your faith you must live your life purpose and calling.

My music is now my spiritual life purpose and calling but I also call it my Spiritual Evangelism because through Words, Instrumentals, Rap, Spiritual Music I can rap about my faith and spirituality which is very important to me.

Starz Gang Rockstarz is a very important Music Company, and I would like to work in SGR for many years doing spiritual music and rebuild / rebrand the SGR Music company so it become a worldwide music, media, entertainment company.

SGR is where I will create all my music because SGR was the beginning of everything for me when it comes to developing my gifts and talents in rap music.

I realise when I was younger that I want to do something in music and arts because I was a very passionate and creative person which I have always had since I was teenager. I believe something your gifts and talents make rooms for you to work in and become who you want to be.

I believe going through homelessness and mental health difficulties help me to create SGR and start doing music because this was the way I could express all the hardships, hurts, pains, struggles, disappointments I have been through in my music.

Rap music is very important to me, and I love how poetry and rap music can change culture, social, politics, environments within economical ways. Rap Music has been going for more than 30 years now but for me Rap Music is more than just music and words it about a lifestyle, change, hope, faith, opportunities.

Music saved my life when I was 20 – 25-year-old because I was always experiencing mental health difficulties and challenges which destroy my childhood and upbringing. When I started to do Rap Music and become a Rapper, I put my heart and soul into the music I was creating and making because this was the life path I choose away from gangs, crime, girls, drugs, money and a traumatic childhood, negative upbringing,

Music for me is my spiritual life purpose and that way I put so much energy into the music I write and make sure I rap about things which can promote real change.

I am not saying that everyone would create spiritual music because each artist and musician is different but because my life experiences lead me to the spiritual life path of spiritual music and conscious rap music that why I do spiritual music.

I hope that Starz Gang Rockstarz (SGR) become a worldwide music company and I am always going to create spiritual music forever because music is truly my passion and dream.

I have realised that creating spiritual music is the future of humanity, animals, universe and as a Spiritual Musician I am going to create spiritual music that hopefully promotes Spiritual Change.

Christopher Liam Rose Music (Albums, Mixtapes, EPS, Singles)

1. Star Zone Mixtape
2. Mr Sweetheart Volume 1 Mixtape
3. Rap Zone Mixtape

4. Freestyle Zone Mixtape
5. Cool Zone Mixtape
6. Positive Zone Mixtape
7. Not Written
8. SGR Starz Beats (Volume 1)
9. Starcrossed (with Bigdigga)
10. SGR Starz Beats (Volume 2)
11. Grinding Too Hard (With Mike B)
12. SGR Starz People
13. SGR Starz Beats (Volume 3)
14. Galaxy Starz Ship Music (with Smiley on the beats)
15. SGR Starz Beats (Volume 4)
16. Mr Sweetheart Volume 2 Mixtape
17. Perfection
18. Perfect Perfection Production
19. Real Gz Do Real Things
20. Acapella
21. Walking Away
22. Grinding & Hustling Forever
23. Mr Sweetheart Volume 3 Mixtape
24. Street Paradise
25. Tooting Star
26. Tooting Rockstar
27. Past Present Future

28. Heaven Sent
29. Living Forgotten Legend
30. Music Is My Life
31. Different
32. Give More
33. Life
34. Blacknaires
35. Rockstar Life
36. My Story
37. Past
38. Freedom Love Peace
39. God is Love – Love Is God
40. God Will
41. In Jesus Name
42. Jesus
43. Remember Me
44. We Will Change the World
45. Thank You God
46. Repent
47. Game Zone
48. Masterpiece (With Jan Conrad & Bigdigga)
49. Heaven Or Hell
50. SGR Superstars Beatz (Volume 1)
51. SGR Superstars Beatz (Volume 2)

52. SGR Superstars Beatz (Volume 3)
53. SGR Superstars Beatz (Volume 4)
54. SGR Starz Beatz (Volume 1)
55. SGR Starz Beatz (Volume 2)
56. SGR Starz Beatz (Volume 3)
57. SGR Starz Beatz (Volume 4)
58. The Quotes for Life 1
59. The Quotes for Life 2
60. The Quotes for Life 3 (Passion, Process, Progress)
61. The Quotes for Life 4 (Passion, Persistence, Love)
62. The Quotes for Life 5 (Freedom, Love, Peace)
63. Stay Positive (Single)
64. Wine To the Beat (Single)
65. Real Estate (Single)
66. Cool Skateboard (Single)
67. Work (Single)
68. I Had a Dream (With Noris Roberts) (Single)
69. Child Of God (Single)
70. Love & Peace (Single)
71. The Journey (Single)
72. Forgive Me (Single)
73. From Slavery to The Riches (Single)
74. Hip Hop (Single)
75. Only God Knows (Single)

76. The Applause (Single)
77. Vision (Single)
78. Master Musician
79. Be More
80. Appreciation
81. Aspirational
82. Masterpiece
83. Piano Masterpiece
84. To Be Different
85. Inspirational Messages 1
86. Inspirational Messages 2
87. Giving it all to God
88. Happy Birthday
89. I am a musician
90. Musical Creations
91. Musical Masterpiece
92. Suffering
93. The Masterful Musician
94. Truth
95. Unrelatable
96. Piano Compositions
97. Star Legend
98. Jehovah & Jesus Christ
99. Born To Do Music

100. The Musical Ministry
101. Vulnerable
102. Music
103. Music 2
104. Music 3
105. The Different People
106. Music 4
107. Influential
108. Self-Therapy
109. With God
110. Music 5
111. Tooting Musician
112. Music 6
113. God Is Everything
114. Music 7
115. Grinding & Hustling Forever 2
116. The God Revolution
117. Music 8
118. The Music Sessions
119. Music 9
120. The Music Sessions 2
121. Music 10
122. From Being Homeless to Helping Other People
123. Black Star Legend

124. The Music Sessions 3
125. The Spiritual Musician
126. The Musical Composition (Single)
127. Only For Jesus Christ & Jehovah
128. Gospel Music (Volume 1)
129. My Letter to Jesus Christ & God (Single)
130. The Music Sessions 4
131. Gospel Music (Volume 2)
132. The Spiritual Musician 2
133. Gospel Music (Volume 3)
134. The Spiritual People
135. The Spiritual Musician 3
136. My Spiritual Story (Official Single)
137. Change (Volume 1)
138. Change (Volume 2)
139. Change (Volume 3)
140. Flow With the Music (Official Single)
141. Spiritual Music (Volume 1)
142. Spiritual Music (Volume 2)
143. Spiritual Music (Volume 3)
144. Spiritually Going All Out!!!
145. Birth - Life - Death
146. Spiritual Change (Volume 1)
147. Spiritual Change (Volume 2)

148. Spiritual Change (Volume 3)
149. Spiritual Change Trilogy
150. Spiritual Music Trilogy
151. Change Trilogy
152. Gospel Music Trilogy
153. Spiritual Choices & Decisions (Official Single)
154. Meditation Music (Volume 1)
155. Meditation Music (Volume 2)
156. Meditation Music (Volume 3)
157. Grinding & Hustling Forever 3
158. The Future Is Now (Official Single)
159. Grinding & Hustling Forever Trilogy
160. Meditation Music Trilogy

Chapter 6

5 YouTube Channels Remove Cyber Hacked and hijacked on 18/06/2024.



On the 18/06/2024 I was going to work as Peer Support Coordinator (SWLSTG) (NHS) from 09.00 – 17.00 I had a very busy day because I need to do a PSW Catch Up Meeting at 14.30 – 16.00.

From 09.00 – 17.00 I was working in Sutton Borough doing my role as Peer Support Coordinator and supporting Peer Support Workers. I had to attend a few meetings from Sutton IRH like DIAM Meeting, Huddles, Domy & Chris Rose Presentation Preparation Meeting.

My workday was normal, and I had a good day at work because I felt like I made a difference to the Peer Support Workers and listened to their concerns in PSW Catch Up Meeting.

When I got home from work around 18.00, I realise an email from YouTube that my 5 YouTube Channels has been removed. At first, I didn't know what was going on and I was very shocked and upset that all my Life work has been removed in one day from my Evangelism Videos, Faith

Videos, Music Videos, Teaching Videos, Presentation Videos.

This was very hard news to deal with on this day and I said to myself there must be a reason why someone has hacked into my 5 YouTube Channels and removed all of my content.

First what I was search on YouTube Help to find out what I need to do to get back and recover my 5 YouTube Channels. YouTube Help said I had to make an appeal that I cannot gain access to my google products and YouTube channels.

I report the 5 YouTube Channels cyber hacked to the police and I was told to talk to Action Fraud Department. I called Action Fraud department (Police) and gave my story of what happened to my 5 YouTube Channels which have been hacked and removed from YouTube. I was given an Action Fraud Police reference number - NFRC240606728801.

Once I finished talking with police, I did an Appeal Form (form 1) on all 5 YouTube Channels to say that I have been hacked on 5 YouTube Channels.

Hello YouTube - My name is Christopher Liam Rose, and I am writing this message to say that my 5 YouTube Channels have been hacked and remove from YouTube. This happened on 18/06/2024 I went to work for NHS as Peer Support Coordinator from 09.00 - 17.00 and received an email from YouTube that my YouTube Channels has been removed. I was very upset and shocked about what happened and did an Appeal Form straight away at 20.34 when I came back from work. I believe the Cyber Hacked

went into my YouTube Channels and removed all my content from YouTube.

This is very serious, and I really want my YouTube Channels back because my life work is on my YouTube Channels.

My YouTube Channels that have been hacked

- Christopher Liam Rose*
- Christopher Liam Rose Ministries*
- Starz Gang Rockstarz*
- Reckyz Rose*
- Selflessly Helping Other People*

*Action Fraud Police Reference Number -
NFRC240606728801*

Please contact me asap or call me on 07494353871 my email - christopherliamrose@gmail.com. thank you.

I also changed all my 5 YouTube Channels password and updated the Security in 5 YouTube Channels.

I was feeling very angry and upset about this Cyber Hacked of my 5 YouTube Channels, but I know that Jesus Christ & God want to me learn new life lessons and there must be a reason why someone want to destroy my life work on YouTube.

I was very upset and angry, but I stay strong and then I prayed to Jesus Christ & God about my adversity, challenges, problems I was facing with Cyber hacked of YouTube Channels.

On 19/06/2024 I had work as Peer Support Coordinator (SWLSTG) (NHS) from 09.00 - 17.00 and I had to give a What is Peer Support? Presentation to Primary Liaison Recovery Team (PLRS) to Siobhan (Team Manager) and PLRS Team at 10.00 - 10.30. I gave it my all in what is peer support. Presentation and the PLRS Team and Siobhan said thank you so much for your wonderful presentation it was very informative and helpful. I learn that I can go through the most ultimate loss but still work hard to do my role and do my work which was very insightful and amazing. Jesus Christ & God gave me the strengths to do that Presentation in the morning with PLRS Team. I did have some technical issues with the Presentation, but I manage to work through it all.

I went to Sutton Transformation Celebration event at 13.00 - 14.00 where all Sutton IRH was there, and we celebrated the Transformation in the community in Sutton with VCSE Partners.

I showed Billy Wong how to do Peer Support Referrals and look through 1 clients Support Information for Peer Support role.

UGRENT - Hello YouTube My name is Christopher Liam Rose my 5 YouTube Channels has been hacked and I don't have any access to my Brand 5 YouTube Channels. This happened Yesterday around 17.43 when I received an email for YouTube that you YouTube Channels have been removed. I believe someone has access my 5 YouTube Channels and remove all the YouTube Channels Content. Please can you recover all of my 5 YouTube Channels please it is very important to me, and my life work is on my YouTube Channels. I don't know who the Cyberhacker is,

but they have access to my YouTube Channels and this is an Urgent situation I need YouTube Help right now. Please contact me asap or call me on 07494353871 my email - christopherliamrose@gmail.com. thank you.

My YouTube Channels that have been hacked

- Christopher Liam Rose
- Christopher Liam Rose Ministries
- Starz Gang Rockstarz
- Reckyz Rose
- Selflessly Helping Other People

Action Fraud Police Reference Number -
NFRC240606728801

Life Lessons I learn from cyber hacked on 5 YouTube Channels 19.06.2024.

- **Losing is inevitable.**
- You cannot spend all your time on YouTube.
- Find new ways of sharing your content.
- Security online is very important.
- Jesus Christ & God want me to learn.
- Loss is a part of life.
- Cheerful Outlook is important in life.
- Don't take thing so personally.
- There are always lessons to be learnt in pain & adversity.
- Loss makes you humble.
- Focus on your spiritual contributions.
- Mental Health Fitness is very important.
- Learn from your losses and success.
- You only grow when you suffer loss.

On 20/06/2024 I worked from home as Peer Support Coordinator from 09.00 – 17.00. I contacted EE (Mobile Network) to report Cyber hacked on my mobile and unusual activity on my Mobile Phone.

I received an EE Mobile Reference Number – ID23580333 at 12.44.

I had peer support supervision with Karen Nelson at 13.30 – 14.30 on MS Teams and we discuss Peer Support Referrals, PSWs, Mandatory Training, Sutton IRH Politics.

I worked from home all day from 09.00 – 17.00. I went to church and prayed to Jesus Christ & God in Westminster Cathedral to give thanks you Jesus Christ & God for everything. I gave a £10.00 offering to church.

Self-Reflections from today 20.06.2024

- Losing is inevitable.
- Don't make decisions when you're angry.
- Jesus Christ & God has called you to ministries and evangelism.
- Build – Start Again.
- Learn from your losses.
- Stay strong is spiritual learning.
- Stay on your spiritual life purpose.
- You will not understand everything.

On 21/06/2024 I worked from home as Peer Support Coordinator 09.00 – 17.00 (SWLSTG) I did a What is peer support? Presentation with Domy & Chris Rose to SMURG Meeting at 10.00 – 11.00.

I send YouTube & Google an Appeal form (form 1) for all 5 YouTube Channels at 13.19 – 13.30.

Hello YouTube - My name is Christopher Liam Rose, and I am writing this message to say that my 5 YouTube Channels have been hacked and remove from YouTube. This happened on 18/06/2024 I went to work for NHS as Peer Support Coordinator from 09.00 - 17.00 and received an email from YouTube that my YouTube Channels has been removed. I was very upset and shocked about what happened and did an Appeal Form straight away at 20.34 when I came back from work. I believe the Cyber Hacked went into my YouTube Channels and removed all my content from YouTube.

This is very serious, and I really want my YouTube Channels back because my life work is on my YouTube Channels.

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- - Christopher Liam Rose Ministries
- - Starz Gang Rockstarz
- - Reckyz Rose
- - Selflessly Helping Other People

Action Fraud Police Reference Number -
NFRC240606728801

Please contact me asap or call me on 07494353871 my email - christopherliamrose@gmail.com. thank you.

I created a Sutton VCSE Partners Services Presentation on 14.15 - 14.50 to help me learn about the Services in 4 VCSE Partners.

I need to have a Psychology & Counselling Therapy Session with Sara Williams at 15.00 - 16.00.

Self-Reflections I learnt from Psychology & Counselling Session 21/06/2024 at 15.00 - 16.00.

- Resilience is a powerful thing.
- Stay strong in defeat.
- You are not your circumstances.
- Nothing happens from coincidence.
- Spiritually you are connected.
- Start over - Build - Grow.
- You cannot take my identify.
- Learning is the key to life.
- You are not your problems.
- Self-reflection is very important.
- God & Jesus Christ has a purpose for you.
- Write a book about your losses.
- Pain is temporary.
- Life changes and you change.
- God is opening a new life path.
- Spiritual faith is the key to spiritual growth.
- Test & Challenges are rewards.
- Stay spiritual & stay thankful.

This Psychology & Counselling Therapy session made me realise that I want to create a new book called **LOSING IS INEVITABLE**.

I went to the gym and did a 45-minute workout because I need to do some exercise to release the pain I was experiencing.

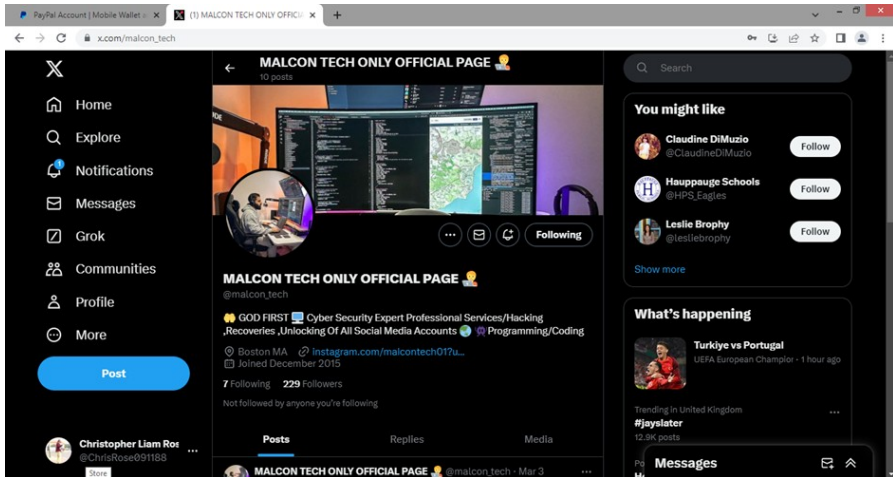
I send feedback screenshot of 5 YouTube channels to YouTube & Google that my 5 YouTube Channels has been hacked at 22.54.

Chapter 7

Twitter Frauds of £250.00 PayPal Money Transactions 21/06/2024 – 25/06/2024



On **22/06/2024** I went on Twitter to try and get support technical support for my 5 YouTube Channels so I can get them recovered. I found a Tech Specialist named @malcon_tech.



I was so desperate for technical support with my 5 YouTube Channels that I decided to pay this random Tech Specialists £250.00 on PayPal all together to recover my 5 YouTube Channels.

£250.00 PayPal Money Transactions to @Malcon_Tech

I paid £100.00 on PayPal to joannepryor3629@hotmail.com at 22/06/2024 at 20.22.

I paid £100.00 on PayPal to brittneyuseltonrzn@starligl.com at 22/06/2024.

I paid £100.00 on PayPal to chakarataylorfy@loveyoupp2.com at 22/06/2024.

I paid £50.00 on PayPal to uldrsohit6@hotmail.com at 24/06/2024 on 08.20.

Because I was vulnerable and mentally depressed, I paid the £250.00 to @Malcon_Tech. I realise that this was a fraud when he kept on asking for more and more money from me and every time, I paid him he wanted more money.

I have a deep conversation with @Malcon_Tech about recovering my 5 YouTube Channels and he didn't do the job and took my £250.00.

I realise there is massive life lessons with this, and I learnt to never trust online services unless it is on a secure trusted website.

Self-Reflection on today 22/06/2024

- Life is about self-discovery.
- Sometimes you need to take a risk.
- Be patience and do things in perfect timing.
- Learn from losses and challenges.
- You are not who you are from yesterday.
- Change is part of life.
- Focus on things you can control and not what you can't.

- Invest in your learning.
- Spiritual problems happen to spiritual people.
- You cannot change the past.
- Learn from failure.

On **24/06/2024** I knew I have been defrauded in Twitter Frauds and I made a report to Action Fraud about what happen with paying £250.00 through PayPal to @Malcon_Tech on 24/06/2024 19.16.

Action Fraud Crime Reference Number -
NFRC240606738656

I also submitted an appeal form to YouTube & Google to all 4 YouTube Channels which has been hacked and hijacked on 24/06/2024 at 20.40.

Self-Reflection from today 24/06/2024

- Never make my decisions out of desperation.
- Don't spend money online unless the website is secure.
- Learn from losses and challenges.
- Your spiritual hero keep you focus.
- Stay on your spiritual life purpose.
- Losses equal more calling.
- If your vulnerable look after yourself.
- The work will always continue so keep going.
- Your struggles are your rewards.
- Don't become miserable when you face serious challenges.
- The spirituality is the secret.
- Overcome problems - Overcome your life.
- Life has problems so deal with them.
- You only grow by learning from mistakes.

- Your past losses will become your future rewards.
- Do never give up.
- You can't change time – life move forward.
- You can't control circumstances, but you can learn from them.
- Stay spiritual and stay true.
- Don't waste money ever never ever.
- Spiritual choices and decisions (Must Do).

On **25/06/2024** I went to Springfield Hospital and worked as Peer Support Coordinator (SWLSTG) (NHS).

I worked all day in Springfield Hospital from 11.00 – 17.00. I also attend Community Transformation Event from 15.00 – 17.00 about community transformation in SWLSTG (NHS) and meet Domy & Rina (Peer Support Coordinator).

Work helped me to keep my mind off all the 5 YouTube Channels hacked and Twitter frauds.

Self-Reflection from today 25/06/2024

- Record & documented everything you do no matter what.
- Suffering teaches your life lessons.
- Don't get emotional but push through.
- Learning.
- Understanding yourself is knowledge & wisdom.
- God & Jesus Christ want me to learn.
- Losses are rewards.
- Don't be attached to anything but live free and spiritually.
- You cannot change time or challenges that have happen.
- More forward – Help other people.

- Learn from my spiritual heroes Paul Dorrington & Karen Meechan.
- This will pass but what important is what you learn (True).
- Character is builder from suffering.
- Don't get life challenges be the thing to stop you on Spiritual life mission.
- Do the opposite of everyone else to have rewards that people don't get.
- Suffering brings out spiritual beauty.
- You will grow from the losses.
- You will understand at the end (Powerful).
-

Chapter 8

Psychology & Counselling Therapy Sessions from Sara Williams (NHS) for Christopher Liam Rose

As I was working as an Employment Specialist in North Kingston Team for (SWLSTG) (NHS) I realise that I needed some Psychology and Counselling Therapy for my mental health and well-being. I have been experiencing lots of angry and frustration due to all the challenging life experiences I have been through within my life. I realise if I didn't find ways to deal with the angry and frustration now, I will also feel pissed off and angry with people and the world. I realise getting some Psychology and Counselling Therapy would be a good idea for my mental health and well-being.

I called Employee Assistance Programme (CIC) from my NHS Mobile Phone and spoke to an Advisor about getting some Psychology and Counselling Therapy. The advisor said you would need to do a telephone assessment with a therapist who can help you with Psychology and Counselling Therapy. I said Yes that would be ok because I want Psychology and Counselling Therapy for my mental

health and well-being. The advisor said the next available telephone appointment will be on 19/04/2024 at 15.00 – 16.00.

I said Yes that would be ok because right now in my life I want psychology and counselling therapy.

I continue to work as Employment Specialist in my career and support clients through IPS.

I realise that Psychology & Counselling Therapy will help me to move on from Angry and Frustration with myself, people, and the world.

On 19/04/2024 I had a telephone assessment with Sara Williams a Therapist from NHS (CIC) AT 15.00 – 16.00. I told Sara Williams in the telephone assessment about my mental health background and history of having schizophrenia, psychosis, depression for around 20 years since I was 15 years old. I explained to Sara Williams that I have been through so many horrible, challenging life experiences which has nearly destroy me, but I kept pushing through and keeping my faith. I told Sara about my relationship to Jesus Christ & God and my faith and how important spirituality, and faith was in my life. I told Sara about my past relationship with ex-partner bumtzz for 3 years until we broke up and then I went through serious depression and homelessness of losing all my possessions and home in a fire in 30/09/2014.

Sara Williams explained that in the Psychology & Counselling Therapy Session we are going to talk about the here and now and not the past. I said to Sara this is ok because I didn't want to bring up the past of all my trauma and mental health difficulties. I realise these Psychological

& Counselling Therapy Session will be different from the ones I had before with Karen Meechan (Clinical Psychologist) when I was 24 – 25 years old.

Sara Williams said we will have 6 Psychology & Counselling Therapy Session together where we will talk about your angry and frustration, relationships, life problems, life challenges.

I realise a CIC Reference Number – 279492 after my Telephone Assessment with Sara Williams and you will start your Psychology & Counselling Therapy Sessions with Sara Williams.

I received an email from Employee Programme (CIC) of dates and times of psychology & counselling therapy sessions with Sara Williams.

- Friday 3 May 2024 15:00
- Friday 10 May 2024 15:00
- Friday 17 May 2024 15:00
- Friday 24 May 2024 15:00
- Friday 7 June 2024 15:00
- Friday 14 June 2024 15:00

Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 10/05/2024 at 15.00 – 16.00 (First Session)

Self- Reflections I learn in Psychology & Counselling Therapy Session

We spoke about new role (Peer Support Coordinator) role, relationships, ex-partners, spirituality.

- Spirituality is not a weakness.
- Be who you are now.

- Your life experience is all with you now.
- Be yourself & be truthful.
- Spirituality is importance in relationships.
- Vulnerable is not a weakness.
- Faith is important in relationships.
- Your spiritual morals, values, beliefs must be aligned.
- You know yourself, stay true to your beliefs.
- Helping other people is the core value for me.
- Your connection to a woman must be more than physical attraction and more spiritual attraction.
- Not everyone has the same values, morals as you.
- You're not define by your past mistakes.
- Life is what you make it.
- God want you to be in relationship with someone that apart of life connection.
- Be open to change, be open to new.

**Sara Williams & Christopher Liam Rose First
Psychology & Counselling Therapy Session
17/05/2024 at 15.00 - 16.00 (Second Session)**

Self- Reflections I learn in Psychology & Counselling
Therapy Session

- Focus on what you are grateful for and appreciate the simple things.
- Being truthful is very important in faith.
- Go to the gym every Saturday & Sunday.
- God doesn't judge.
- When your low focus on moving the body.
- Live your purpose for Jesus Christ & God.
- Start walking home from work to clear your mind.
- God want you to be humble and content.
- You are not perfect and learn from your mistakes.

- Don't react to low feeling and emotions.
- Give people time and space to learn.
- Stay spiritual and live the truth.
- Your life experience has helped you to find truth.
- Mental health awareness is very important.
- Learning is the key to life.
- Learn how to increase your energy levels.
- Eat healthy foods improve energy levels and mental health.
- Mindfulness and meditation are part of stillness and present.
- Don't react to your feeling and emotions.
- Be an example of the person you want to be.
- Leader learns how to cope with distressed.
- You will not always get things right but learn.

**Sara Williams & Christopher Liam Rose First
Psychology & Counselling Therapy Session
24/05/2024 at 15.00 - 16.00 (Third Session)**

Self- Reflections I learn in Psychology & Counselling
Therapy Session

- You are not your past.
- Learning from your mistakes.
- Focus on the future and what you want to create.
- No one is perfect.
- God want you to know he is here for you.
- Spirituality & Faith is very important.
- Focus on 3 facts that you are proud of in your day that you did.
- There is nothing in the past which is good focus on your future.
- You are not your feelings and emotions.

- God want you to live your life purpose.
- Spiritually going all out!!! Everyday.
- Energy changes with motions.
- Low moods and low energy mean you're not doing the right thing for your body.
- God has seen your mistakes and still love you.
- God love is everything.
- You must love yourself first before you love others.
- Self-compassion is very important.
- Don't focus on things you can't control.
- You cannot change your past.
- The future is now.
- Sara Williams is a great therapist.
- Feel your feelings and emotions.
- Stay in the present moment.
- Self-respect is the key to self-love.
- Resilience is built with acceptance.
- God know who you will become.
- Leadership comes with challenges.
- Negative life experience is not important.
- You are not your problems.
- Be the light you want to be in the world.
- Music & Faith is your gift.
- Use your talents to change the world.
- Read the bible and live the bible.
- Your life story is created.

**Sara Williams & Christopher Liam Rose First
Psychology & Counselling Therapy Session
14/06/2024 at 15.00 - 16.00 (Fourth Session)**

Self- Reflections I learn in Psychology & Counselling
Therapy Session

- When you have low day, you need to go to the gym and workout or take a walk.
- The mind, body, soul is connected.
- Your negative thoughts / low days will pass.
- My emotional and spiritual states changes when I have low days.
- You are not your thoughts, feelings, emotions.
- Look after yourself and take care of your body.
- You can help your feelings, and emotions through physical exercise.
- You must let the over ruminating thinking thoughts come out of you naturally.
- Learn to let go of negative thoughts & feelings.
- Health & Wellbeing is number 1.
- Stillness & quietness is very important.
- Feel what you are feeling fully and let it pass your body.

**Sara Williams & Christopher Liam Rose First
Psychology & Counselling Therapy Session
21/06/2024 at 15.00 - 16.00 (Fifth Session)**

Self- Reflections I learn in Psychology & Counselling
Therapy Session

- Resilience is a powerful thing.
- Stay strong in defeat.
- You are not your circumstances.
- Nothing happens for coincidence.
- Spiritually you are connected.
- Start over / Build / Grow.
- You cannot take my identify.
- Learning is the key to life.
- You are not your problems.

- Self-Reflection is very important.
- God & Jesus Christ has a purpose for you.
- Write a Book about losses.
- Pain is temporary.
- Life changes and you change.
- God is opening you up a new life path.
- Spiritual faith is the key to spiritual growth.
- Test / Challenges are rewards.
- Stay spiritual and stay thankful.

Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 28/06/2024 at 15.00 - 16.00 (Sixth Session) (Final Session)

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Learn from life challenges / life mistakes.
- Spiritual growth comes from learning.
- You will not understand everything that happen to you.
- Starting again can be very spiritual.
- The losses have life lessons.
- Change is a good thing.
- Everyone must go through pain / suffering.
- Love helps you to heal pain.
- Appreciation for life is key.
- Cheerful outlook is very important.
- Learn.

What I learn from doing the Psychology & Counselling Therapy Sessions with Sara Williams is that I need to stay resilience, move forward, start again, learn from mistakes and life challenges.

Losing is Inevitable - (Most Important Life Lessons I learnt)

Chapter 9

Losing Is Inevitable



LOSING

I am writing this spiritual writing because I have been I experiencing serious life losses and challenges which has given me the idea to write about a book on Losing Is Inevitable. In this spiritual book I want the reader to understand that losses are inevitable in life but what is important is what you learn from the losses and challenges that you experience. In my life I have gone through serious life losses and challenges which have really destroy me but at the same time make me into the person that I am today.

Sometimes in life you don't know what you're going to lose in your life but what you can do is learn from the losses you go through and build on your personality and characteristics.

Losing is Inevitable because in life we are Born, we live and then we die but life itself doesn't have to be scary or upsetting. I realise in my life that you need to appreciate the things that you have loss to help you find your spiritual life purpose and spiritual calling.

Embrace your losses and challenges in life and push through it.

Losing is a very powerful thing because in life we are all going through a process of life changes.

You're a baby - teenager - adult - elderly and then you pass away.

When we appreciated life, we also appreciated death because birth - life - death is always together in harmony as one full life cycle.

It is important to realise that when you do go through losses you become humbler and more spiritual because Jesus Christ & God is teaching you some life lessons.

I believe we all must understand loss and grief because it a part of life that we all must go through.

Losing is not a negative thing but an empowering thing.

When your loss you gain

Matthew 10:39 NIV

"Whoever finds their life will lose it, and whoever loses their life for my sake will find it?"

In the bible Jesus Christ tell people that if you lost your life for my sake, you would find it but whoever find their life will lose it.

This scripture is very powerful because Jesus Christ said that losing is part of gaining and losing is part of find Jesus Christ & God.

I want you to understand dear reader that losing is the secret of life transformation. Something happen when you begin to loss things in your life that are very important to you.

In the bible Jesus Christ & God want us to experience loss but not let our losses make us upset and angry but transform your losses in life purpose and calling.

I believe your Spiritual life purpose and spiritual calling really comes when you're willing to go through loss and pain.

Losing is painful and hurtful but can be a very transformational experience that changes you from someone who has lots of pain into a Spiritual Servant of Jesus Christ & God.

I believe losing is the key to obedience and to making your spiritually humble.

I understand that losing can really destroy you as a person but use your pain and suffering for good and others.

I believe Jesus Christ & God want us to help other people and give back.

John 3:16

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

God gave us Jesus Christ to give us all salvation and bring us to the Kingdom of God (Heaven). When Jesus Christ was alive, he was doing Ministries, Pastoring, Evangelism, Healing, Preaching, Ministering, Teachings. Jesus Christ was helping other people all throughout his ministry from 30 - 33 years old before Jesus Christ die on the Cross.

In the bible losing was part of the sacrifice of God when Jesus

Christs sacrifice himself on the Cross to give us all Salvation and Freedom.

I believe you really need to understand losing and make sure you appreciated the losses and challenges you go through has a person.

Spirituality cannot come into your life without experience some hardships, challenges, pain, adversity, struggle, suffering.

In my life the ultimate loss I went through was losing my home and all my possessions in a fire in 30/09/2014. This was a massive loss, but it taught me some many life lessons about loss and attachment.

I believe in my life losing was necessary for me to help other people and give back. I am not saying dear reader you will go through a massive loss like what I have experience but what I am trying to make you realise is losing is a part of life.

When I loss everything I gained everything back in a Spiritual way and found my life work in helping other people – music faith.

Losing is so difficult but I will advise to the reader please keep push through your adversity and pain.

Losing = Passion

When you have loss, you become more passionate and driven.

Passion helps you to understand why you have loss and experience life challenges.

I want to write dear readers some of the things you may loss.

Some of the things you may have to loss.

Losing Jobs

Losing Friends

Losing Family

Losing Money

Losing Pets

Losing Relationships

Losing material possessions

Losing Yourself

Losing Careers

Losing Businesses

I am not writing this to scared you readers but to warn you that losing is going to happen in your life and everyone go through different losses.

Losing is a Part of Life

Once you understand that losing is a part of life then you can start living your life in spiritual freedom and spiritual life purpose. Many people are scared to go through losing but what they don't realise is that the losing is part of their calling.

Romans 11:29 NIV

“For God's gifts and his call are irrevocable.”

1 Thessalonians 4:7 NIV

“For God did not call us to be impure, but to live a holy life.”

Proverbs 21:3 NIV

“To do what is right and just is more acceptable to the Lord than sacrifice.”

Romans 5:8 NIV

“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

Through this scripture we realise that calling, losing, sacrifice all have a part of being with Jesus Christ & God.

Losing is the way how we get closer to God and believe in Jesus Christ.

Jesus Christ knew if he loses his life on the Cross that he can save Humanity from sins and death and bring Humanity into everlasting life in heaven.

I have realised when I have loss that its part of a bigger purpose of God and I want you readers to understand that Loss is necessary for you to honour your calling and spiritual life purpose.

Helping Other People Involved a Loss

Now that I have experience Losing, I want you to understand dear readers that you have got to loss to help other people. Sometimes in life you need to lose yourself before you can help other people.

Luke 9:24 NIV

“For whoever wants to save their life will lose it, but whoever loses their life for me will save it.”

I believe that Jesus Christ & God want us to help other people and give back.

This can become very difficult for many people to ever realise how important helping other people & giving back

can be to your faith and spiritual life purpose. The way I would describe it dear readers is like this if you don't lose certain important things in your life that can teach you spiritual life lessons and help you to find your spiritual life purpose and calling in helping other people then it will get to a point when you may never ever self-discover your spiritual life purpose and calling.

I believe dear reader the thing in the world and society which is happening now is that people do not want to lose. Like I said dear readers this is not going to be easy to go through loss and to somehow rise above the life problems and life challenges you experience but the important life lessons is the losing is inevitable.

You must understand that helping other people vocation and career path is a spiritual calling and spiritual life purpose you work and do. This is not based on anything other than helping other people and giving back.

The world doesn't want to lose, Society doesn't want to lose, People don't want to lose.

So, when you understand dear readers that people don't want to lose to gain the spiritual life purpose and life transformation in helping other people then for many people their life is something I can selfish or self-based.

This is very painful to watch in people and see around the world and society but to be honest this is the problem and challenges that people within helping other people vocation are trying to solve for human being.

Most people are to focus on themselves and what is happening in their life that they cannot see a life outside of

themselves which is really involved in helping other people.

Philippians 2:4 NIV

“Not looking to your own interests but each of you to the interests of the others.”

Dear readers this scripture explains helping other people and giving back – Please don’t investigate your own interests but each of you to the interests of the others.

This is very important, and it must be learnt very seriously and carefully.

That is why dear readers I am explained in this chapter that Losing is the key to helping other people and spiritual obedience. I am not saying that helping other people will solve every single life experience and life challenges you experience as a human being this is true and you must understand that helping other people is as spiritual commandment.

John 13:34-35 NIV

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples if you love one another.”

Understand dear readers that Jesus Christ told his disciples to Love One Another as I have loved you. This is seriously important to understand in Humanity. Love one another as I have loved you.

This is very important in helping other people and giving back.

If you find your spiritual life purpose in helping other people and giving back then you start finding spiritual love for Humanity, Animals, Universe. This cannot come truly without losing something important to you because the losing something important to you teach you spiritual obedience and spirituality.

In your spiritual faith and life challenges being spiritual is just as important as losing certain things.

This is the spiritual secret of Helping Other People and Giving Back.

I have always said that helping other people and giving back truly starts when you go through pain and suffering. To very spiritual and anointing people the pain and suffering equal losing.

I didn't not say winning or achieving or success or riches. That is not what I said in this spiritual books.

What I am trying to get the reader to truly understand and learnt that. Helping Other People truly start when you have lost something important to you.

There is a very spiritual thing that I will say now on what this losing is called because I am trying to help the reader to truly understanding the importance of losing.

Losing is called Paying the Price

You cannot help other people and give back until you have paid a certain price for the work you do in helping other people. I am not going to say this is an easy, smooth, unchallenging life experience. No not true. This can make a difference between helping other people and giving back

or not making any spiritual contributions to helping other people and give back.

Like I said in this spiritual book people don't want to loss certain things to really gain the Spiritual Life Purpose and spiritual calling.

And without going through paying the price you don't get to support or help other people in what they are going through.

Life is about life lessons and life experience you learn more from what you go through as human being and that is met to teach you the truth of spirituality.

Some people will never understand the importance of what losing is all about but someone people who are very spiritual and faithful see the true spirituality and losing.

I know dear readers this is so hard to understand and really deal with – Yes, I do appreciate that dear readers but if you want to become what you want to be first you have to accept losing – things which are very important to you and then do the work of ministries or spirituality if your spiritual called to do this work.

Helping Other People and Giving Back is part of the LOSING TO YOURSELF. This is not easy to write this in the spiritual book but the spiritual riches come from losing yourself and giving your life to Jesus Christ & God completely without thing about personal gains or material riches.

This is tough and very difficult to learn and understand but the losing is the key to spiritual obedience.

If you go through losing in your life and when I mean losing, I mean multiple life challenges and life problems

then something comes from losing everything of the world and it desires.

LOSING = SPIRITUAL BEAUTY

This is a spiritual blessing of losing and going through the losing. The reason why I would say this now is because helping other people is a vocation of goodness and spirituality. To helping other people in what they are going. But you never get to this spiritual beauty without the losing.

Life comes with Losing.

Life comes with Life problems.

If you don't lose – You don't pay the price – You don't suffer – You don't go through Pain, then you will never achieve Spiritual Beauty.

Helping Other People bring Spiritual Beauty and when you have Spiritual Beauty you are spiritual fulfilled.

Spiritual Fulfilled people are prepared to go through losing, pain, suffering to really do the work of ministries and helping other people. An average human being can never begin to understand the important of Spiritual Beauty because it one of the spiritual life secrets of this life.

Spiritual Beauty = Spiritual riches = Spiritual Fulfilment

Losing is the beginning of Spiritual Fulfilment

Like I said dear readers losing will equal to paying a price and going through something challenging and difficult.

I am not saying that Your life experience will be the same for another individual that not how life works, and life has difficult life challenges and life problems you face but one

thing I want you to understand dear readers is the Losing is the secret – THE LOSING IS THE SECRET.

If you don't focus on Money, House, Cars, Relationship, Politics, Food, Drink, Socialize, Materialism, Culture, Society, Earthly Things then something changes in the human being which are call Spiritual Fulfilment – Spiritual Beauty.

I cannot tell you dear readers what you will lose but I can tell you in this spiritual book loss and accept the losing.

Accept the losing is a spiritual thing because most people cannot accept losing.

Losing is not easy but this can become the spiritual blessing and life transformation into helping other people and giving back.

I want to say now that Ministries work has nothing to do with Money or your personal successes and personal wins in the ministries.

Please dear reader never thing that doing the work of ministries is based on what you get out of the work you do for Jesus Christ & God because that not the way to view ministries work.

Ministries work is to do the work of the lord because you have spiritual change and become born again to do the work for the lord.

This is the important thing, but the truth is Losing is the key to spiritual obedience.

I am not saying dear readers be like the crowd – follow the rest of average human being – Do the same thing as the rest of the people.

That don't lead to Spiritual Beauty and Spiritual Change.
No, it doesn't.

Spiritual Change is Spiritual Transformation in the Spiritual
Realms

To Spiritual People losing is part of the spiritual calling and
spiritual life purpose.

Without losing you cannot do the work of ministries.

This chapter is very deep, but I want to summary what we
have learnt.

Losing is an apart of life.

Helping Other People involved a Loss.

You must change to help other people.

If you don't pay the price, you cannot help other people.

Spiritual Obedience comes from losing.

Losing is the beginning of Spirituality and Spiritual
Obedience

Spiritual Beauty is a Secret

Spiritual Fulfilment is a Secret

Spiritual Transformation involved a Spiritual Change Don't
do the work of Ministries for Personal Gains or Personal
Material riches.

Ministries work involved Spiritual Change

Spirituality makes you spiritual.

Never Ever pursue Materialism or Earthly things

Spiritual Beauty make you not want.

Spirituality is Spiritual Change

LOSING IS INEVITABLE

Losing is Inevitable in life and this is a very spiritual thing to

understand. If you are going through serious life problems and life challenges, you will have to realise that losing is.

Inevitable and sometimes in life you are going to lose things that are very important to you.

Losing is a very painful and hurtful experience but can teach us some many life lessons and inspiration. When you are going through loss and life challenges you realise the sense of suffering and pain when you lose something important to you.

Losing is Inevitable and apart of life that we live we are all going to loss at some point in our lives and the true inspiration of the losing is how you deal with your losses and overcome the pain of losing to find your spiritual life purpose and spiritual calling.

In this life we are born, we live, we die, and this is part of nature and life.

Life has a nature process of losing and loss because this brings inspiration for new and spiritual things to come in life.

When someone loss their life and pass away this can be a very painful experience for family and friends who love that individual but through the grief and the pain of losing someone close to you this can produce a sense of urgency and spiritual life purpose because we know that life is precious, and we don't have 1000 of years to live on earth.

I believe the truly spiritual learning and understanding comes when we understand that losing is inevitable and we are all going to loss in our lives whether we choose it or not.

Losing is painful but it can help us to see the urgency of living for our dreams and desires.

I have experienced serious losses in my life at the moment as I write this spiritual book but the life lessons, I have learnt is that losing is inevitable and we have to accept that we cannot change past events or change time.

In life when you lose something important to you it could be a business, a family member, a child, money, relationships. Home, possessions, a job, a career this can teach us the important life lessons.

1 Corinthians 3:15 NIV

“If it is burned up, the builder will suffer loss but yet will be saved—even though only as one escaping through the flames.”

Psalms 34:17-20 ESV

“When the righteous cry for help, the Lord hears and delivers them out of all their troubles.

The Lord is near to the broken-hearted and saves the crushed in spirit.

Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.”

Philippians 1:21 NIV

“For to me, to live is Christ and to die is gain.”

Matthew 10:39 NIV

“Whoever finds their life will lose it, and whoever loses their life for my sake will find it?”

In this scripture we see that Jesus Christ & God helps people who are going through serious losses and life challenges. It is important to remember that the losing you experience will lead you to your personal glory and spiritual life purpose.

When we understand that losing is inevitable and we will experience suffering and pain in our lives then we can learn to accept the life problems and life challenges and overcome it.

Overcoming losses is a very hard thing to do but if we are going to become the person we want to be and live the life we were born to live then we must experience the losses and pay the price.

Losing is inevitable is a very spiritual thing because it shows the important of losing and loss which we will all go through with our life.

I want to share some spiritual life lessons you will learn when you understand that Losing is Inevitable.

Losing is Inevitable – Spiritual Life Lessons

- Losing develop character, personality, obedience, mentality.
- Losing can help you to find your Spiritual Life Purpose.
- Losing can help you to find your god giving talents and gifts.
- Losing can help you to rediscover yourself.

- Losing can help you to see what is important in life.
- Losing can help you develop hidden skills & creative talents.
- Losing can make you spiritually humble.
- Losing is part of the bigger picture of your spiritual life purpose.
- You cannot change what you have lost.
- Jesus Christ & God helps the person who has experienced losses.
- Suffering is part of life which cannot be avoided.
- You can become more spiritual when you have lost.
- Loss makes you closer to Jesus Christ & God.
- You cannot become the person you want to be unless you lose.
- Paying the price can become a spiritual life transformation.
- Human beings are never prepared to lose, but they will lose.
- Losing your life for Christ is an inspiring thing.
- You can only become your best self when you experience suffering and pain.
- Losing is the key to spiritual obedience.
- Spirituality helps you to become less attached to things.
- Detachment is a spiritual thing
- Learn to appreciate your losses and life challenges.
- Material things don't have a value when you lose.
- The only thing that matters is your faith and spirit.
- God & Jesus Christ is with you in difficulties and losses.
- Learn to become observant of your feelings and emotions when you lose.

- Resilience is built with losses and suffering.
- You will be tested if your living spiritual life path.
- Helping other people comes in your life when you suffer and losses.
- Don't worry about what you are going through.
- Every single loss and pain will pass.
- You cannot live this life without loss so embrace the loss.
- Losing is Inevitable so appreciate what your loss.
- You cannot win in life unless you lose first.
- Survival in life comes from going through success and failures.

Dear readers I want you to understand that losing is inevitable and the sooner you realise that you're going to lose the better it will be to overcome the life challenges and life problems.

I have realised since I was 24 - 25-year-old that I am going to experience loss whether I want it to happen to me or not because it is not a choice or decision but part of my spiritual life purpose and spiritual faith.

When I think about Jesus Christ and how much suffering, pain, losses, life challenges Jesus Christ had to overcome to do the of God and ministries it makes you appreciate that even God suffered some many things to bring us closer with him in salvation and faith.

Dear readers don't get angry or frustrated when you go through losses and life challenges instead find out what you can learn from it - move forward - help other people - give back - stay spiritual.

I have realised that life is a continuing movement in space and time which is always moving forward into the future. What we need to understand a human being is it doesn't matter where you start in life, but it matters where you're going in life.

The Future Is Now – Losing Is Inevitable

When we understand this, we will take more spiritual actions and make spiritual choices and decisions which will help us become the person we need to be In the Future.

Yesterday – Today – Tomorrow all starts from the present moment.

Once you understand dear readers that Losing is inevitable and we don't have a choice on what we are going to loss in this life. This gives you're the power to live urgency in the present moment because anything you want to become starts from now.

Please believe me dear readers that you are going to loss but what you learn from it can be the difference between Spirituality, Faith, Despair, Depression, Suffering.

If you want to become spiritual in life you need to learn spiritual life lessons very quickly and make a note on what you are learning.

Losing is part of life but learning is an everyday process.

You learn more from your losses then your wins and thing are very important.

I want to encourage the readers now to push through your adversity and life challenges and become someone who is spiritual and faith.

When you gone through serious life losses and your whole mentality and behaviour is hurt and damaged by what you have experience then you need to discover your inner strength and faith.

Dear readers as you read this spiritual book, I hope you understand that the losses you are going through is inevitable, but you will become a stronger person from your struggle.

Just remember now dear readers that losing is inevitable to live your life urgency and spirituality.

THE MOST SPIRITUAL PEOPLE WILL GO THROUGH SERIOUS LIFE LESSONS

Spiritual People remain spiritual and faithful when they go through Adversity.

Never Give Up on your dreams and desires and keep pushing through.

Your losses will pass but what you learn will live forever.

Losing is Inevitable – Appreciate life today.

Chapter 10

Peer Support Coordinator (SWLSTG) (NHS)

In my work as an Employment Specialist (SWLSTG) (NHS) I was working very hard in the role to help clients by providing IPS Employment Specialist Support. The work as an Employment Specialist was starting to tired me out and I was feeling very drained from the 25 clients IPS Caseload I was work with. I knew deep down that being an Employment Specialist was not my future aspiration but I did like the way how IPS can transform client's life in mental health recovery and employment. I was thinking about my career as Employment Specialist and even doe I won awards and was recognized as one of the best Employment Specialist I realise with all this success and achievement I needed a change and I wanted to get back into Peer Support. Peer Support was the way I start my career in the NHS when I was younger in 2017 working as Peer Support Worker in Gordon Hospital. I realise that Peer Support is where my heart is in mental health work because I can share my lived experience and inspire clients in mental health recovery. But I also appreciated being a IPS Employment Specialist because of the work that Paul Dorrington & Karen Meechan did for me when I was 24 – 25-year-old. I was thinking maybe I can be a Peer

Employment Specialist and help clients in mental health recovery and peer support. I knew that changing careers again wouldn't be an easy thing to do because I build a reputation as an Employment Specialist, and I was one of the best at Employer Engagement and get clients into Paid Employment.

When I began to have doubts about being an Employment Specialist, I realise I needed to act and find a way to get back into Peer Support because I wanted to work in Peer Support. I realise I have done 10 years of working with clients throughout my mental health journey which has been very rewarding and fulfilling because I really value the importance of helping other people and giving back.

I went on www.nhsjobs.com and find a very special position as a Peer Support Coordinator role (Band 5) with Jubilee Health Centre (SWLSTG) (NHS) at first, I was thinking what is a Peer Support Coordinator but something in my mind lighten up and I said to myself I am going to apply for Peer Support Coordinator role. On **30/12/2023** I did a full job application for the Peer Support Coordinator role and submitted it on NHS Trac on **30/12/2023** at **18.11**.

I had a special intuitive feeling about this Peer Support Coordinator role, and I felt like I could get this job because of my 4 – 5 years in Peer Support that I have done within my 10 years mental health careers. This role was the opportunity for me to get back into Peer Support but this was more managerial & supervising role. I realise in this role I wouldn't have a client caseload I would be managing and supervising PSWs in Sutton Borough. I have never been in any leadership mental health role before but this was very exciting and I was very energising about this role.

Peer Support Coordinator (Band 5) in SWLSTG is a very massive role and I realise that this was my opportunity to get into leadership and become a Peer Support Leaders.

I knew that this role would be perfect for me, and I wanted this job very much because getting back into Peer Support is where my heart lays.

On **29/01/2024** I receive an email from NHS Trac that I have a Job Interview for Peer Support Coordinator role at Sutton Jubilee Health Centre on 09/02/2024 at 12.00 with Ebenezer Obeng (Lead) Ward Manager, Nelson, Karen Peer Support and Lived Experience Lead.

I was so happy with the good news about the Job Interview, and this was my chance to shine and become a Peer Support Coordinator.

On **01/02/2024** I did a Mock Job Interview and practice my Job Interview answers and examples for Peer Support Coordinator role. Whenever I have a job interview, I always make sure I prepare myself and really find ways to deliver the best answers in Job Interview. When it come to the Mock Job Interview, I recorded myself on Zoom Meeting and rewatch my presentation, behaviour, personality, Job Interview Answers on Video & Audio.

On **07/02/2024** I had Peer Support Meeting with Kevin Fullicks (Peer Support Coordinator) and he explained the role of being a Peer Support Coordinator.

Kevin Fullicks - Peer Support Coordinator Advice and Guidance

- 1) Peer Support Work with SWLSTG - Communities - Mind, Age, Sutton Mental Health Foundation

- 2) Work with organisation, leads, peer support workers.
- 3) Coordinator the work for Peer Support Workers.
- 4) Manage and do Supervisions for Peer Support Workers.
- 5) Attend DIAM Meeting with Peer Support Workers.
- 6) Manage relationship with leads.
- 7) Be involved with clinical teams.
- 8) Manage Peer Support Referrals
- 9) Be in Assessment with clinicians for clients who need clinical or peer support.
- 10) Show passion for peer support.
- 11) Keep to where your heart is in Peer Support.
- 12) Delivering Peer Support Training to clinicians.
- 13) Manage Peer Support in Sutton Borough.
- 14) Learnt about the principles of Peer Support.

On **08/02/2024** I went to Quality Awards 2023 in Balham for NHS Awards Ceremony, and I won the Rising Star Award (Staff) for IPS Employment Specialist work. All the leads, senior management, lead CEO gave me an applause for my achievement and success. This was a life changing day for me because for the first time in my life my work in the NHS got recognize and I put North Kingston Team, IPS Employment Specialist, SWLSTG, NHS on the map. I was very grateful to Paul Dorrington & Karen Meechan for helping me when I was 24 - 25 years old in mental health hospital and homelessness. I was grateful to North Kingston Team for believing in my IPS Work as an Employment Specialist and helping me work with clients to get into Paid Employment. I was grateful to Jesus Christ & God for helping me in my faith and my spiritual walk with God and this was the ultimate recognition.

On **09/02/2024** I had my Job Interview at Jubilee Health Centre for Peer Support Coordinator role. I was fully passionate and ready for Peer Support Coordinator Job Interview. The Job Interview was at 12.00 with Ebenezer Obeng (Lead), Service User, Student. Ebenezer asked me 3 Job Interviews questions about Peer Support Coordinator role, Service User asked me 3 questions about Peer Support and Lived experience, Student asked 2 Job Interview questions about Peer Support. I answered all the Job Interview questions to the best of my ability and I show my passion for Peer Support and mental health recovery in the Job Interview.

After the Job Interview, I knew I did effort to get the job as Peer Support Coordinator due to my 10 years work experience with mental health industry which includes 4 - 5 years of Peer Support work experience.

I took a walk in Battersea Park and walked for 45 minutes. I was self-motivating myself and saying something new.

I realise that doing this Job Interview was a dream come true and I really appreciated the job opportunity of Peer Support Coordinator.

On **13/02/2024** I received good news from Ebenezer Obeng that I got the Job Offer for Peer Support Coordinator role with Sutton Jubilee Health Centre. I am super happy and joyful about this news, and it means a lot to me. I spoke to Paul Dorrington about getting the Job and he was very upset and confused on why I apply for the job as Peer Support Coordinator role. Paul Dorrington wants me to be an Employment Specialist, but my future is in Peer Support in Mental Health.

I realise I can always go back to do IPS Employment Specialist work if I wanted to but my heart and my passion wanted to accept this new job role as Peer Support Coordinator. Sometimes you know intuitively when it's time to move on and do something new. I felt like as IPS Employment Specialist I did very well and help clients in amazing ways to get paid employment but the one thing that really changed my mind about being a IPS Employment Specialist is that I wasn't getting clients to help other people and give back. I felt like this was something I was very passionate about and Helping Other People is my life work. I realise not every client would be able to help other people but because my morals, values, principles, beliefs are about helping other people I felt like I was disconnecting from what I truly want to do for clients. That why I made a clear final decision to accept the new role as Peer Support Coordinator from Ebenezer Obeng.

I went to church and prayed to Jesus Christ & God to say thank you so much for giving me a Job opportunity of my dreams. I was so happy and joyful to Jesus Christ & God for giving this to me.

On **14/02/2024** I did all the Peer Support Coordinator eforms and book ID Check 22/02/2024 which I would need to bring passport, 3 bank statements, DBS Check at Springfield Hospital – Newton Building.

On **15/02/2024** I send Paul Dorrington & Jessica Wall an email that I will be leaving my role as Employment Specialist to become Peer Support Coordinator in Jubilee Health Centre. I also send Job Letter from NHS (SWLSTG) to Paul Dorrington & Jessica Wall.

On **20/02/2024** I had a IPS Catch up with Billy Wong, Matthew Vidal and told them that I got the Job offer for Peer Support Coordinator (SWLSTG) and that I am leaving as Employment Specialist role. They were very happy for me and Billy, Matthew are great work colleagues we really get along very well.

IPS Employment Specialist life lessons 20/02/2024

- Work only from 09.00 – 17.00.
- Do EE in morning and afternoon before 16.00.
- IPS is hard work but make sure you take regular breaks.
- Teamwork is important in mental health.
- Learn by example.
- Learn from mistakes.
- EE talk about employers, organisations, business not job vacancies.

On **21/02/2024** I wrote some **IPS Employment Specialist Life Lessons**

- IPS is hard work make sure you look after yourself.
- Plan and act.
- Work smarter not harder.
- Regular breaks are just as important as work productively.
- Silents has all the answers.
- IPS is fulfilling and rewarding.
- Helping client to be independence.
- Learn from your strengths & weaknesses.

On **22/02/2024** I went to Springfield Hospital and did ID Checks with HR Team (SWLSTG) for Peer Support Coordinator role. I gave in my Passport, Driving License,

Bank Statements, DBS Check. I also told payroll, bank staff today about me getting Peer Support Coordinator role (Band 5) and leaving my role as Employment Specialist.

On **29/02/2024** I send an email to Paul Dorrington & Jessica Wall to give in my resignation letter for Employment Specialist role 29/02/2024 at 14.09.

Today I am going to be in Tolworth Hospital to do some job shadowing with AZ today. We have 2 IPS Session with clients today.

Today I have been doing job shadowing with AZ (Employment Specialist). We did IPS Session with 1 client who was struggling to communicate with Employment Goals.

I have sent resignation letter to HR, Payroll, Bank Staff today 29/02/2024 at 14.30. I send an email to North Kingston Team and all IPS Employment Specialist Team about leaving my role as Employment Specialist. I knew this would be a massive shock to the teams, but this is where my heart is to do Peer Support.

IPS Employment Specialist Life Lessons - 29/02/2024

- Health & Well-being is number 1.
- Take regular breaks when helping other people.
- Focus on the spiritual contributions.
- Changing careers is changing life direction.
- Learn from mistakes and grow.
- You can only help other people when you help yourself.
- Contributions are not based on money.
- Do what your passion about.
- Focus on your spiritual calling.

- Rest is just as important as work.

On **01/03/2024** I learnt some new **IPS Employment Specialist Life Lessons 01/03/2024**

- Life is a school of spiritual learning.
- Feel your feeling and emotions.
- Your life purpose will give you energy.
- Fear destroy love – Live in love.
- Overcome hard day by focusing on your mission.
- Helping other people is life mission.
- Self-care is very important.
- Focus on your difference and contributions.
- Challenges and low moods are things to learn from.
- Overcome suffering with faith/love.

On **06/03/2024** I completed a OH Telephone Appointment and I have been cleared. This was a OH Appointment about my mental health conditions, diabetes, dyslexia. I spoke with Frankie Brady, and she said I would be able to work as a Peer Support Coordinator in Sutton Jubilee Health Centre, but I would need reasonable adjustments for my work.

On **12/03/2024** I learnt some new **IPS Employment Specialist Life Lessons - 12/03/2024**

- Health & Well-Being is Number 1.
- Take regular breaks is necessary.
- Give myself 1-hour breaks after see client to give me time off.
- I can work productive even when I am not feeling 100%.
- Discipline is about taking actions.
- If you look after your well-being, you can help more people.

- Naps help to give you energy.
- Helping other people is hard work.

On **13/03/2024** I learnt some **IPS Employment Specialist Life Lessons - 13/03/2024.**

- Look after your health / wellbeing.
- Focus on helping other people and self-care.
- Take regular breaks is necessary.
- Breaks give you energy.
- Drink lots of water.
- Your imperfections make you perfect because you have challenges and difficulties.
- Being yourself is very important when supporting and helping clients.
- Job promotion is part of hard work.
- Be always professional with clients.
- IPS Work is hard work.

On **03/04/2024** I learnt some **IPS Employment Specialist Life Lessons - 03/04/2024.**

- Take regular breaks (Always).
- Client needs to take responsibility for getting paid employment.
- When you're stressed out take a walk.
- Self-care is not selfish.
- Look after yourself.
- You can all give so much in 1 day before burning out.
- Nature / Silence has answers to spiritual questions.
- Spirituality is very important in helping other people.
- Health & Well-being is number 1.
- Sleep helps to energise your body, mood, energy.

On **17/04/2024** I spend the day with Paul Dorrington & Kevin Fullick and Peer Support Workers in Livingston House where Paul Dorrington gave an IPS/Peer Support Talk to Peer Support Workers. Paul Dorrington is my spiritual hero and I love Paul Dorrington for what he did for me when I was 24 – 25 years old. Watching Paul Dorrington speak about his life story and IPS/Peer Support was very inspiration and motivating and Paul Dorrington really made a massive difference to the Peer Support Workers in the IPS/Peer Support Talk.

I learn some important life lessons from Paul Dorrington because he was teaching me.

Paul Dorrington Teachings - 17/04/2024

- Be your own leader.
- Resilience is created by work experience you become more resilience as you are helping other people.
- Learning is the key to achievement.
- Leadership goes through challenges and struggles but stay persistence.
- It the difference that makes the difference.
- Helping other people is the compassionate vocation.
- Focus on your leadership skills.
- Invest in yourself.
- Life challenges do come but you must balance your feelings and emotions daily.
- 1 day at a time (Must Do).
- You got to stay calm and resilience in helping other people.
- Everything takes time to develop.
- Helping other people is about self-care with emotion resilience.

- Balance is part of work you cannot work giving, giving, giving without burn out.
- Have a life outside of career work.
- Spirituality is what make the difference.
- Change yourself – change your life.
- Spiritual change is more important than money.

Paul Dorrington & Karen Meechan are my spiritual heroes.

On **26/04/2024** I learnt some new **IPS Employment Specialist Life Lessons and Self-Reflections**

- Work experience is Key.
- Love what you do, and you will work hard.
- Patience is the key to progression.
- Your hard work pays off.
- Achievement/Success is Part of the journey.
- Learn every day, Grow Every day.
- Spirituality is about progression.
- Learn from your work experience.
- Secrets in life is found in silent and stillness.
- The Future Is Now.

On **30/04/2024** This day was my **last official day as Employment Specialist in SWLSTG** (NHS) North Kingston Team. I wanted to celebrate the success and achievements I have done as Employment Specialist with North Kingston Team, Paul Dorrington, Jessica Wall.

I was very passionate about being an Employment Specialist, but I realise I am even more passionate about become a Peer Support Coordinator (SWLSTG) (NHS) for Sutton Jubilee Health Centre).

I went to Tolworth Hospital, and it was very quiet with not much NHS (Staff) in the office, but everyone was very busy who was in Tolworth Hospital Working. I brought some Cakes, Crisps, Snacks for North Kingston Team and said my final goodbye to North Kingston Team. It was very emotional but rewarding knowing that I am progressing in my career, and I have left my Employment Specialist role on good terms.

I was really going to miss North Kingston Team because I was an Employment Specialist for 1 years – 3 Months. This role was a very important part of my mental health journey working in NHS as I knew become an Employment Specialist would make me realise my dream of working with Paul Dorrington (Spiritual Hero). I realise that my passionate for IPS & Peer Support would be something I will always have with me and If I ever want to become a Peer Employment Specialist, I would be able to do that.

I was sad that I was leaving a good team in North Kingston Team but was excited about the journey ahead and working as Peer Support Coordinator.

The NHS (SWLSTG) has been very good to me in my mental health journey, and I have so much respect and kindness towards the NHS Teams and people I work with.

I was ready to move on and become a Peer Support Coordinator. Sometime in life when you go through new career changes it means a new future.

On **01/05/2024** was my first official day as Peer Support Coordinator but I took this day as an Annual Leave and didn't officially work on this day. The reason for this was because I felt like I need a break from work because I

entered a new role and I want to reflect on my time as an Employment Specialist. I have learnt that sometime the best thing you can do for yourself if give you're a break and reflect on your work performance and the skills & abilities you learnt. It is necessary and important to give yourself breaks when you are working in helping other people because this work can be very drained and emotional.

I went to church and prayed to Jesus Christ & God to say thank you for giving this new role as Peer Support Coordinator and that I am so thank you to the spiritual support that you have given me without my 10 years in mental health industry. My faith is important part of my life and the reason why my life has changed into helping other people and giving back. I realise that the new career opportunity that the lord give to me is for me to help other people and give back. This was my first ever leadership role as a Peer Support Coordinator and I realise that I want to make a massive difference in the lives of NHS Clinicians, Peer Support Workers, Management, Clients.

Paul Dorrington & Karen Meechan was the reason why I got a career within the mental health industry, and I realise I need to make sure I do my best in the new role as Peer Support Coordinator. This role means a lot to me and having time to reflect my time as Employment Specialist has really helped me to learn that I can do this and become a great Peer Support Coordinator.

Self-Reflections - Life Lessons I learnt from Employment Specialist Role 01/05/2024.

- Focus on the thing you have control and don't worry about things you cannot control.

- Working hard doesn't make you productive.
- Time and space to reflect is very important throughout your day.
- Your work is about meaningful, valuable difference and contributions.
- Understand that you cannot resolve everyone problems in work and learn by mistakes.
- Regular breaks are just as important as working.
- You learn as you go - work experience will teach you.
- Achievements and success don't mean anything If you don't contribution.
- Challenging day do come but it what you learn from it.
- Patience & Kindness help you to be more compassionate and empathic.
- Moving forward is the key to life progression.
- You're not a leader when things are good, you're a leader when problems and challenges arise.
- You can only learn by each day - The Past - The Present - The Future is all an illusion. Learn by each day.
- When you make mistake have the courage to say your wrong and learn from it.
- Employment Specialist work is important by the jobs must be right for the Individual.
- Client do need to take responsibility for their actions and the things they are not doing because that is not basic on you but them.
- You can't tell people what to do - They must learn from themselves.
- Change is not east but change can be rewarding.

- Remember why you do what you do and let that inspire you on your career journey.
- It not how you start that matter it how you finish.
- Problems are rewards when you overcome them.
- You succeed when you live your life purpose and do work which is important.
- Don't worry about people perceptions of what you do because they don't understand, focus on your work.
- Silent has answers, stillness has answers.
- If you're unsure about something, follow your intuition.
- Leadership is learnt - Actions is process of learning.
- Your difference is your difference and it's the difference that make the difference.
- Learning is the key to helping other people.
- Being Alone is very important - Work with a team is very important - When your alone you can think creativity and differently.
- You learn from the process of actions you sometimes you take wrong actions, but some are right.
- Not everyone has your passion or desires remember that your journey.
- Helping other people is a vocation.
- I learn something very important now as I am journalling in IPS Employment Specialist work - It is important for the client you support to help other people in some way, or they wouldn't get the opportunity to do it.
- Helping other people sometimes means you will not thank for your work but that is normal.
- You learn step by step and be different.

- Helping other people is the motivation and very important.
- You are only as good as your team – you only as good as each day (Important).
- No days are the same – Journal for each day.
- Your Past work performance has nothing to do with the work you do in the present.
- Leader is born from adversity and struggle.
- Be a leader – Learn from yourself.
- Self-education – Self Learning is everything in helping other people.
- Stay Strong – Stay Spiritual.

On **07/05/2024** I official started my first day as Peer Support Coordinator in Sutton Jubilee Health Centre from 09.00 – 17.00. Emmanuel introduces me to all the Sutton IRH Teams in Jubilee Health Centre and there was lots of teams with the building. I met Christopher Walsh & Billy Wong (Employment Specialist) in Jubilee Health Centre and they were doing well. I met with Ebenezer (Clinical Lead) of Sutton IRH which was really good and we spoke about my role as Peer Support Coordinator.

I was reading the Peer Support Coordinator job description & personal specification.

Job Title: Peer Support Co-Ordinator

Band: Band 5

Hours: 37.5 hours per week or pro-rata

Responsible to: Service Manager

Managerially Accountable to: Peer Support and Lived Experience Roles Lead Base: Borough based location.

Our values

Our values are in keeping with the NHS Constitution and our Behaviours framework. They set the standards for how we plan and make decisions; deliver quality care; behave with each other and service users and recruit, induct, supervise, appraise, and develop our staff. We are looking for staff who will help us live these values and help to make SWLSTG a better place for everyone.

JOB SUMMARY

The post holder will contribute their lived experience knowledge and expertise in supporting the organisation to develop and embed peer-led recovery-focused services.

They will be responsible for overseeing the day to day running of peer support services within a specified borough within the community service line across the Trust to our service users and carers through elements of their recovery journey. They will develop and maintain partnerships, in a specified borough, with agencies and organisations that provide peer support to the people we work with. They will provide a management and supervision function to people employed by partner organisations in lived experience roles.

KEY RESULT AREAS

Clinical & Operational Responsibilities:

- To provide recovery-oriented input to those in lived experience roles in relation to supervision, urgent care issues and referrals.

- To process referrals by communicating with referrers and service users and carers to obtain information and explain the service offer.
- In collaboration with service users and carers, promote plans of support to optimise recovery and health and wellbeing.
- To identify risk issues related to new or existing service users (via new referrals and supervision) and take action to promote safe and effective working including escalating any concerns when necessary.
- To assist people in lived experience roles to reflect on how to provide, create and deliver a range of peer support activities and care planning to their clients in the most effective way.
- To provide direct support to people in lived experience roles by attending joint visits for those service users with more complex issues.
- To ensure that policies and procedures are relevant and understood by people in lived experience roles.
- To work directly with teams, services, and other organisations in order to help them integrate peer support into their service where needed.
- To work alongside and support those in peer support roles to help them achieve the competencies identified within the national Peer Support Competency framework.

Communication

- To actively promote peer support throughout the Trust.
- Actively seek to understand, communicate, and support families' and carers' views and needs to

internal and external stakeholders in a variety of settings.

- Develop and maintain relationships with our delivery partners that provide peer support to the people we work with.
- To work closely with the community service line to promote lived experience and peer support roles and proactively identify opportunities to contribute to their governance and service design/ redesign.
- To maintain and support development of appropriate databases, record keeping systems and monitoring and reporting procedures to meet all professional and contractual requirements.
- To contribute to the development of materials which celebrate and promote the peer contribution to service delivery e.g., videos, booklets, leaflets, audio recordings, posters etc.
- Co-designing and co-delivery of training sessions and presentations both with and for service users, staff and external organisations as required.
- To facilitate and support information sharing, and exploration of shared experiences based on peer support values.
- To maintain a professional relationship with service users, carers, colleagues, and external stakeholders with attention to confidentiality and the maintenance of boundaries.

Supervision and Training

- To undertake Mandatory and Statutory training (MAST) as required by Trust Policy

- To contribute and commit to undertaking and Performance Appraisal and Development Review (PADR)
- To undertake personal development as identified in the Personal Development Plan (PDP)
- To provide effective guidance and supervision/line management to more junior members of the team as directed by the Peer Support and Lived Experience Roles Lead
- To contribute to the delivery of and attend group peer supervision in the form of a monthly support & development group.

General

- This is not an exhaustive list of duties and responsibilities, and the postholder may be required to undertake other duties which fall within the grade of the job, in discussion with the manager.
- This job description will be reviewed regularly in the light of changing service requirements and any such changes will be discussed with the postholder.
- The postholder is expected to comply with all relevant Trust policies, procedures, and guidelines, including those relating to Equal Opportunities and Confidentiality of Information.
- The postholder is responsible for ensuring that the work that they undertake is conducted in a manner which is safe to themselves and others, and for adhering to the advice and instructions on Health and Safety matters given by Manager(s). If postholders consider that a hazard to Health and

Safety exists, it is their responsibility to report this to their manager(s).

- The postholder is expected to comply with the appropriate Code(s) of Conduct associated with this post.
- Southwest London and St George's Mental Health NHS Trust operates a no smoking policy. The Trust has been smoking free since 01 January 2006.
- Created: May 2021

PERSON SPECIFICATION

Job title: **Peer Support Co-Ordinator**

Band: 5

ESSENTIAL

DESIRABLE

TRAINING & QUALIFICATIONS

- Good standard of education with a relevant qualification (equivalent to A level standard) / appropriate portfolio of training in community &/or health, social care, or a related field.
- Relevant professional qualification registered nurse / AHP/ Social Worker and/or Mental health related qualification e.g., Mental health first aid; coaching.
- Completion of accredited LXP/PSW training.
- Customer Service/ Business Admin.

/ITQ or equivalent professional experience

EXPERIENCE

- Lived experience of mental health challenges or caring for a family member or friend who has experienced mental health challenges.
- Experience of day-to-day operational team systems – working to a budget/ordering equipment /roster.

- Experience of using Microsoft packages including Microsoft teams.
- Prioritising, planning, and organising own tasks.
- Experience of dealing with difficult situations and confrontations.
- Data entry and record keeping experience.
- Recent experience of working in the mental health sector at band 4 or equivalent.
- Experience of working with people and their families who may have complex physical &/or emotional wellbeing needs and require a diverse range of services or support.
- Experience of working in collaboration with others to get a project completed.
- Experience of designing and delivering training and facilitating groups.
- Lived experience of mental health challenges or caring for someone who has accessed secondary mental health services.
- Experience of managing and developing a project or service.
- Recruitment and selection of staff/volunteers.
- Performance management of staff.
- Experience of QII approaches.
- Experience of working in a customer services role.
- Experience of delivering events.

KNOWLEDGE & SKILLS

- Understanding about the concepts of recovery and how these might be applied in practice.

- Understanding of the principles and practice of peer support.
- Good working knowledge of office procedures and all Microsoft office packages.
- Awareness of anti-discriminatory issues.
- An understanding and current knowledge of Policy and Practice in the areas of:
 - Mental health,
 - carers,
 - Safeguarding,
 - Equality and Diversity, Confidentiality,
 - Information Governance,
 - Health and Safety.
- Knowledge of the Trust including awareness of values & priorities.
- Knowledge and Understanding of Voluntary Services supporting carers and/or people with mental health challenges.
- Knowledge of the 4Pi national involvement standards.
- Ability to participate in routine departmental tasks / procedures.
- Evidence of mental health related training / qualification.
- Ability to work as part of a team.
- Ability to use own initiative and work autonomously.
- Ability to use own lived experience appropriately to engage and support the recovery of others.
- Excellent communication skills including telephone, email, face to face and using MST/Zoom

- Ability to organise and manage own time and keep to schedules and deadlines.
- Ability to present and interpret complex data.
- Leadership skills.
- Excellent IT skills – ability to use all Microsoft office applications.
- Willingness to take on/learn new skills.
- Ability to show attention to detail and accuracy.
- Ability to adapt to change and work under pressure.

OTHER

The ability to understand and always behave, towards service users, carers, visitors, and colleagues according to the Trust values.

Reading the Job Description & Personal Specification made me realise that I have lots more responsibilities being a Peer Support Coordinator (Band 5) but I was ready for the challenging and obstacles I would have to face in this new role.

I did some E-Learning of ABIS Community & Allied Professional score 10.00 which I have passed. I completed Cyber Security eLearning which I passed.

My first day as Peer Support Coordinator was good and I learnt a lot about Sutton Jubilee Health Centre & Sutton IRH.

Ebenezer told me that I will be working in two Sutton IRH teams as the Peer Support Coordinator which was Sutton & Cheam IRH & Carshalton & Wallington IRH.

I would be managing & supervising the Peer Support Workers in the 4 VCSE Partners

- Sutton Mental Health Foundation
- Sutton Carers Centre
- Sutton Age UK
- Sutton Off the Record

Each of the 4 VCSE Partners will be providing Peer Support to clients in Sutton IRH community transformation team.

My Access for work application has been granted by GOV.UK. I need to ask Ebenezer to purchase my Dyslexia Equipment from SWLSTG (NHS) and the grant will be Reimbursed.

On **08/05/2024** today I have been doing Job Shadowing with Kevin Fullicks (Peer Support Coordinator) in Richmond Borough (SWLSTG) (NHS). Kevin took me to a Peer Support Worker Catch Up Meeting where all the Peer Support Worker in Richmond Borough discuss Peer Support & PSW Caseload. Kevin is a great Peer Support Worker and I have learnt a lot from him. Kevin also showed me as a Peer Support Coordinator I need to delegate tasks to the Peer Support Workers. I attended an MDT Meeting with Kevin Fullick's & Richmond IRH in Livingston House (Twickenham) for 13.00 – 15.00. This was good learning because NHS Clinicians discuss clients and show of the clients need Peer Support from Peer Support Workers. Kevin explained that this is a good way to get Peer Support Referrals from Richmond IRH. Kevin also explained to me about the Peer Support Referrals Form Process and as a Peer Support Coordinator you will be dealing with all the Peer Support Referrals for VCSE Partners. Kevin explained in Richmond Borough that 1 VCSE Partners manages all the Peer Support Referrals which can send to the correct VCSE Partners through email. Kevin said in Sutton Borough this

would be difference and I would need to find out how the Peer Support Referrals get process. I said to Kevin that I am ready to manage the PSWs and Peer Support Referrals for Sutton Borough because there are lots of clients who would need Peer Support Intervention. Kevin said to me because of your previous work experience in being an Employment Specialist & Peer Support Worker you have lots of knowledge, wisdom, skills, abilities which you can use to support and help the Peer Support Workers in Sutton Borough. Kevin sends me an example template of what he using to send to NHS Clinicians when it comes to Peer Support Referrals. Kevin said to me you will not be having a caseload of clients because you would be responsible to manage and supervising the Peer Support Workers in VCSE Partners.

Kevin said to me being a Peer Support Coordinator is a very good role and you learnt so much about Peer Support and the Business of running a Peer Support Services within a Borough.

Life Lessons I learnt from Shadowing with Kevin Fullick's in Peer Support Coordinator 08/05/2024.

- Be a Leader
- Organisational skills are very important.
- Manage your time effectively.
- Peer Support Coordinator must have to get consent from clients before Peer Support Referrals can be process.
- Improve your presentation & communication skills.
- Each Peer Support Worker concerns is different.
- Learn as you work.
- Leaders take on hard decisions.

- Stay focus on values & beliefs of Peer Support.
- Peer Support is unique experience of lived experience.
- Leaders are born.

On **09/05/2024** I was busy at work in the Sutton Jubilee Health Centre. I learnt to remember to learn and make notes. I attend Sutton IRH Staff Meeting at 09.00 – 10.30 and it was good to learn, and I created a Database on Excel for Peer Support Referrals.

I had a quick meeting with Paul Dorrington, he said you need to use ChatGPT to do your grammar and spelling check for Incremental credit application.

I had a meeting with Amanda Cummins from the involvement team from 14.00 – 15.00 we discuss Peer Support Coordinator Work and Involvement Team. I learnt that Peer Support Coordinator are part of the Involvement Team in the community transformation.

I went to a Nutrition Workshop with Enable Active Wellbeing today at 12.00 – 13.00.

Me & Billy Wong went to see Jehann at Travelodge today at 16.00 -16.30. Jehann was doing very well, and Travelodge business was become very successful with happy customers. Jehann said to me & Billy Wong that he is willing to hire more Client in Travelodge, but they must complete the tasks and work. Jehann said my client was doing very well in Travelodge as a Housekeeper/Cleaner and she has been in Travelodge for 6 Months.

I went to Matthew Vidal 50th Birthday Dinner with all of Employment Specialist Team today at Kingston at Pho Restaurant at 17.00 – 21.00. I order Tofu, Mushrooms, Veg,

Rice, and Vietnamese Coffee for £23.42. I gave Matthew Vidal Birthday card and £20.00. I purchase diet Pepsi drinks for me, Matthew, Billy spends £5.50.

On **10/05/2024** I completed my Incremental Credit Application and send it to Ebenezer to review. I booked a Room for Psychology & Counselling Therapy Session at 15.00 – 16.00 – Room 7. I did some reading about the Involvement Team and Peer Support Coordinators. I wrote out some of the Peer Support Coordinator Leaderships skills for new role.

Peer Support Coordinator Leadership Skills

- Compassion & Empathy
- Integrity
- Visionary
- The value of Peer Support/Lived experience.
- Kindness
- Hope – Control – Opportunity
- Honesty – Truthful
- Problem Solver
- Listener
- Peer Support Focussed

I spoke to Christopher Walsh about Peer Support for lots of his clients who need to completed Peer Support Training.

I had my first Psychology & Counselling Therapy Session with Sara Williams and we spoke about new role Peer Support Coordinator, Relationships, Ex-Partner, Spirituality.

- Spirituality is not aw weakness.
- Be who you are now.
- Your life experience is all with you now.
- Be yourself & be truthful.

- Spirituality is importance in relationships.
- Vulnerable is not a weakness.
- Faith is important in relationships.
- Your spiritual morals, values, beliefs must be aligned.
- You know yourself, stay true to your beliefs.
- Helping other people is the core value for me.
- Your connection to a woman must be more than physical attraction and more spiritual attraction.
- Not everyone has the same values, morals as you.
- You're not define by your past mistakes.
- Life is what you make it.
- God want you to be in relationship with someone that apart of life connection.
- Be open to change, be open to new.

On **11/05/2024** I did my CBT Motorcycles Test at Universal Motorcycle Training at 2 Ampere Way, Croydon, CR0 4WT at 07.30 - 15.00. In the morning we did some theory and practice riding then we did the practical CBT Motorcycle Test.

I made some mistakes, but I still got the CBT License which was great.

I went to see Alex, Mel, Joseph today at their home and helped Alex to clean out the gutters of his house by holding the ladders for him at 15.00 - 17.30.

Right now, I was feeling drained and need to take a rest and shower/bath.

I updated my ID on laptop by scan IDS PDF File at 23.30.

On **13/05/2024** I had an induction with Karen Nelson at 10.00. Today I felt like I need to look after myself because I didn't feel 100%. Today I have been in 4 Meeting plus

doing induction with Karen Nelson which was lots of work and so much learning in 1 day which is amazing very spiritual for me. The Peer Support Coordinator induction was very important, and it help me to learn more about the Peer Support Coordinator role from Karen Nelson.

What did I learn today in Peer Support Coordinator role 13/05/2024?

- Learn from your difference.
- Politics is part of leadership.
- You can only learn on the day.
- Each day is different in Peer Support Coordinator role.
- Take Regular breaks and learn.
- Spirituality makes that difference.
- You will be kind when you are spiritual.
- Spiritual day means you are doing sometimes right and truth.
- Focus on the spiritual contributions.
- Dreams are linked to Spirituality.
- Change is a part of leadership.
- Learn as you go - Be Different.
- Spirituality Is Everything in Helping Other People.
- The difference that makes the difference.

Karen is a great leader and her information and knowledge about Peer Support and Coordination is very important and significance. Karen taught me lots about being a very good Peer Support Coordinator and some of the politics that is within Sutton IRH and Jubilee Health Centre.

I paid Insurance on Lexham Insurance for Third Party Fire & Thefts. Spent £193.82 Reference - 454249QQPK, Policy Number - LLC/MC/0413747.

Today has been a very spiritual day and here are some life lessons I learnt.

- Stay with your feelings and emotions.
- Don't react to your feelings and emotions.
- All spiritual feelings and emotions will pass.
- Do your best everyday no matter what.
- Spirituality is important in helping other people.
- Leader stays strong in defeat.
- You can overcome difficulties through learning.
- Stillness, Quietness is important in life.
- Nature has spiritual answers.
- If your spiritual self-care become number 1.
- Spirituality is part of the price.
- Freedom comes by believing in Jesus Christ & God.
- Live your purpose fully.
- Paul Dorrington & Karen Meechan are my spiritual heroes.
- Helping other people is not based on me.
- Your why make you spiritual.
- My life experience will help me to learn.
- Do your work and be always 100% yourself (Positive Days & Negative Days).
- You learn on the day.
- Spirituality makes that difference.

On **14/05/2024** I did some PSW Training Course (Day 5) Group work with other Peer Support Workers. I had to do a Presentation for Group 1 to With-You Peer Support Workers. I took a walk in Battersea Park for 45 Minutes which was great I really enjoy Walking and Nature.

Life Lessons I Learnt today 14/05/2024.

- Health & Well-Being is Number 1.

- Peer Support is Truly Valuable.
- You need to deal with problems & trauma in a healthy way.
- Life is about progress.
- You can only be your best today.
- Learn from feelings and emotions.
- Stay spiritual – Helping Other People.
- Spirituality is important in life.
- Your lived experience is key to your knowledge & wisdom.
- You can be what you want to be.

On **15/05/2024** I got my ID Badge from Springfield Hospital. I did some Peer Support Coordinator Job Shadowing with Rina Deans at Springfield Hospital. It is important to realise in being a Peer Support Coordinator that you need to understand the Business, Politics and Peer Support to be effective Peer Support Coordinator.

On **16/05/2024** I attend PLRS Meeting at Sutton Jubilee Health Centre East at 10.15 – 11.15. I had some conversation with Az, Chris W today at 13.00 – 13.30 they are both doing well, and Chris W win an award which is great news. I went to the Motorcycle Garage in Battersea to get my wheels pump up by mechanic. To Understand when the Motorcycle garage is open you need to get there from 09.00 – 17.00 and it is in the Third Section.

Life Lessons I learnt today 16/05/2024.

- for your behaviour and how you treat yourself
- When your spiritual you need to take care of yourself
- Don't believe every thought in your mind some thoughts are not true.
- You are not your past mistakes.

- One day at a time
- Focus on the difference you want to make.
- Helping other people is very important.
- Health & Wellbeing is number 1.

Jiddu Krishnamurti Quote

- You are the world, and the world, is you?

Christopher Liam Rose Quote

- It not your problems that make you who you are it the person you become that make you who you are.
- Spirituality or Nothing.
- Spirituality is important in helping other people.

On 17/05/2024 I had my second Psychology & Counselling Therapy Session

Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 17/05/2024 at 15.00 - 16.00 (Second Session)

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Focus on what you are grateful for and appreciate the simple things.
- Being truthful is very important in faith.
- Go to the gym every Saturday & Sunday.
- God doesn't judge.
- When your low focus on moving the body
- Live your purpose for Jesus Christ & God
- Start walking home from work to clear your mind.
- God want you to be humble and content.
- You are not perfect and learn from your mistakes.
- Don't react to low feeling and emotions.

- Give people time and space to learn.
- Stay spiritual and live the truth.
- Your life experience has helped you to find truth.
- Mental health awareness is very important.
- Learning is the key to life.
- Learn how to increase your energy levels.
- Eat healthy foods improve energy levels and mental health.
- Mindfulness and meditation are part of stillness and present.
- Don't react to your feeling and emotions.
- Be an example of the person you want to be.
- Leader learns how to cope with distressed.
- You will not always get things right but learn

On **20/05/2024** I went to work for Peer Support Coordinator role 09.00 – 17.00. I was reading the 21 irrefutable laws of leaderships by John C Maxwell. I learnt that True Leadership is influence. True Leader can share their vision to others and lead humanity.

Your life experience can turn you into a true leader – Mother Teresa, Martin Luther King Jr, Dag Heward Mills, Jiddu Krishnamurti was all great leader who had a massive vision.

Entrepreneur is leadership.

Ebenezer said because I am a Band 5 your Incremental Credit Application will be carried over to your Peer Support Coordinator role (Band 5) you didn't have to do Incremental Credit Application. Access to Work Ebenezer said he will talk to HR to see how I can be granted for my Dyslexia Equipment.

I created New Presentation for What Is Peer Support? And Posters for Peer Support on Canva

I went for a walk in Battersea Park for 45 Minutes which was great.

On **21/05/2024** I did PSW Training Course (Day 6) with other PSWs which was very good. We talk about mental health, suicide, self-determination, self -management and worked with other mental health services.

I took a walk in Battersea Park for 45 Minutes which was amazing.

On **22/05/2024** I ride my motorbike to Sutton Jubilee Health Centre. I went to DIAM Meeting at 12.00 – 12.30. I updated ESR with my Dyslexia Report from University. Today I went to Sutton Carers Centre and meet with Paula Gowing, Alison, Meera. It was my first induction to meeting PSW which was good.

On **23/05/2024** I went to work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I went to my diabetes eye screening test today at 08.55 – 09.35 and will get my result in 3 weeks. I attend DIAM meeting 12.00 – 12.30 had 1 Peer Support Referral.

After Work I went to Matthew Flat and played some Videos Games – Street of Rage 4, Fatal Fury, King of fighters, Sonic Origins. Me & Matthew (Older Brother) had some Chinese food for dinner which was nice.

On **24/05/2024** today I was working from home 09.00 – 17.00 Peer Support Coordinator. I attend DIAM Meeting 12.00 – 12.30. I have been on my NHS Laptop sort out Peer Support Referrals. I have been working from home all day I

have created New Training, Presentation, Documents, Templates for my work.

Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 24/05/2024 at 15.00 - 16.00 (Third Session)

Self- Reflections I learn in Psychology & Counselling Therapy Session

- You are not your past.
- Learning from your mistakes
- Focus on the future and what you want to create.
- No one is perfect.
- God want you to know he is here for you.
- Spirituality & Faith is very important.
- Focus on 3 facts that you are proud of in your day that you did.
- There is nothing in the past which is good focus on your future.
- You are not your feelings and emotions.
- God want you to live your life purpose.
- Spiritually going all out!!! Everyday.
- Energy changes with motions.
- Low moods and low energy mean you're not doing the right thing for your body.
- God has seen your mistakes and still love you.
- God love is everything.
- You must love yourself first before you love others.
- Self-compassion is very important.
- Don't focus on things you can't control.
- You cannot change your past.
- The future is now.
- Sara Williams is a great therapist.

- Feel your feelings and emotions.
- Stay in the present moment.
- Self-respect is the key to self-love.
- Resilience is built with acceptance.
- God know who you will become.
- Leadership comes with challenges.
- Negative life experience is not important.
- You are not your problems.
- Be the light you want to be in the world.
- Music & Faith is your gift.
- Use your talents to change the world.
- Read the bible and live the bible.
- Your life story is created.

On **27/05/2024** I went to West End (Marble Arch) and did some Reading & Journalling at 16.06.

I was reading Jiddu Krishnamurti Book "Freedom from The Known" Life Lessons I learnt.

- Free yourself from Authority.
- Understanding yourself is true wisdom.
- The Past is a dead thing.
- Freedom from the known is spiritual freedom.
- How do we change – Serious Question.
- There is no teacher, leader, books which will help you find truth.
- Truth is a pathless land.
- Learning about your minds is wisdom.
- The Future is Now.
- You are the world, and the world, is you?
- You, Others, World is all that matters.

I was reading "Buddhist Scriptures" Book Life Lessons Learnt

- The Mind has no abide place this is wisdom.
- Concentration helps to be mindfulness.
- Mindfulness is wisdom.
- Explore your mind to find Nirvana.
- Dharma is always about good intentions and right actions.
- Change your thoughts – Change your actions.
- Truth is Spiritual.

I was reading “Holy Bible” Matthew Scripture life lessons learnt.

- Matthew 5.8 KJV blessed are the pure in heart for they shall see God.
- Matthew 6.10 KJV The kingdom come; thy will be done in earth as it is in Heaven,
- Matthew 6.24 KJV No man can serve two masters for either he will hate the one and love the other or else he will hold to the one and despise the other. Ye can't serve God and Mammon (Money).
- Matthew 6.33 KJV But seek ye first the Kingdom of God and his righteousness and all these things shall be added unto you.

I have completed PSW Training Course (Day 6) prepare for (Day 7) worksheet today at 19.00.

On **28/05/2024** I attended PSW Training Course (Day 7) 09.00 – 16.00 and did a Group 2 Presentation on Teams. I spoke with Paul Dorrington today when I was at Battersea Park, he wants to use my employer engagement/lived experience story for IPS Team Leaders in Norway.

I went to Battersea Park and took a 45 Minute work which was good.

On **29/05/2024** today I had Peer Support Coordinator Job Shadowing with Domy 09.00 – 17.00. I attend Community Transformation Meeting and DIAM Meeting 11.00 – 12.00 & 12.00 – 12.30.

It was good doing Peer Support Coordinator Job Shadowing with Domy, and I learnt so much from Domy.

On **30/05/2024** I worked from home 09.00 – 17.00 Peer Support Coordinator. I attended Sutton & Cheam IRH Meeting with Heidi today 09.00 – 11.00.

I attended DIAM Meeting from 12.00 – 12.30.

I went to Jubilee Health Centre and worked very hard on Peer Support Referrals. I had meeting with Oli 15.00 – 16.00 (Introduction) today we spoke about Community Transformation, Sutton, Peer Support Coordinator, PSWs, Politics.

On **31/05/2024** I went to work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I need to make sure I organized my time, calendar, diary. I learnt today that helping other people is very important I want to grow within my NHS Careers.

I have been working in Jubilee Health Centre sorting out emails, Peer Support Referrals, Progress Notes at 11.30.

I attended DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referral for Sutton Carers Centre which Paula Gowing will be dealing with. Today I had a busy day with Peer Support Referrals and talking with the VCSE Partners.

On **01/06/2024** I learnt some Spiritual Life Lessons

- God & Jesus Christ want me to contribute.
- Evangelism / Ministries is my spiritual calling.

- Don't try and change people.
- Helping other people is spiritual work.
- Stay spiritual – Believe in Jesus Christ / God.
- Prayer changes everything when you're spiritual.
- Spiritual day is part of the process.
- Don't be like other people who don't help others.
- Don't judge people.
- Be alone / Helping other people.
- Spirituality Is Everything.

On **03/06/2024** I went to work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I will attend Team Learning space and CQC preparation at 10.00 – 11.00 but was cancel. I went on the underground to get to work because there were delays on the trains. When I got to Jubilee Health Centre, I focussed on Peer Support Referrals.

I attend DIAM Meeting 12.00 – 12.30 on my Mobile Phone.

Doing Peer Support Referrals take lots of time because you need to get NHS Clinicians to completed Peer Support Referrals Forms.

On **04/06/2024** I had Study Leave for PSW Training Course (Day 8) 09.45 – 16.00. We study Group Work, Digital Literacy, Resilience's, Supervision Training which was good. This was the final day of PSW Training Course, and I completed this course which was excellent news. I was very happy and proud that I completed PSW Training Course because it was something I wanted to do for a very long time. It was a dream to finally say I am a qualified Peer Support Worker even doe you don't need qualification to become a Peer Support Worker. I was going to get my Accredited Certificate.

I went to Aby Beaty Salon and got my hair washed and braided. Spent £40.00.

On **05/06/2024** I had work from 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attend DIAM Meeting 12.00 – 12.30. I passed e-learning “Preventing Radicalisation – Awareness of Prevent Level 3” on Compass today 05/06/2024 and it has been recorded on Compass 13.33.

I took a walk in Battersea Park for 45 Minutes which was good. I spoke to Paul Dorrington about his presentation, and he said it went very well.

On **06/06/2024** I had work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attend Sutton IRH Dialog First Training 09.00 – 12.30. This training was long, but I learnt a lot about Dialog.

I ride my motorbike to Chelsea Motorcycle Group (CMG) for my motorbike to have MOT Service and refill engine oil. Spent \$45.00. I went to savers and got a plug extension cable for £5.00 and Black Bag for local shop £3.50.

My Motorbike passed MOT Services 06/06/2024 and I had a letter / invoice to confirm.

Had an insightful conversation with Matthew Vidal about Psychology & Counselling.

Life Lessons I learn from conversation.

- Open University – Psychology & Counselling.
- Holistic Approach.
- University has events/student meetings.
- Plan your studies.
- Online Psychology & Counselling is the future.

- Moving out of London – Different lifestyle.
- Forums/ University Students.
- Psychology / Changing / Thinking.
- Listening Training do it now.
- Follow the intuition – Psychology / Counselling.
- Spiritual life Purpose – Follow the calling.
- Politic is not important in helping other people.
- Start today, move forward, act.

On **07/06/2024** I had work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended Transformation Peer Meeting with Karen Nelson, and we discuss Peer Support Referrals, 2 Sutton IRH Teams, NHS Clinicians, Work, Politics, Transformation at 10.00 – 11.30.

I attend DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referral.

I been working from home all day which has been good, but the Peer Support Referrals take too much time and I need to be patience.

I took a walk in Battersea Park for 45 Minutes which was excellent I love walking and Nature.

I went to church service 19.00 – 23.00 Prayer Service 07/06/2024. I was praying to Jesus Christ & God.

On **08/06/2024** I was reading Jiddu Krishnamurti “Freedom from the known” books

I learn when there is time there is sorrow, freedom from the known is death, empty of yourself, dying to everything you know.

- Dying is living.
- Freedom from the known is death.

- Spiritual freedom is the dying to me.
- Emptying yourself is true freedom.
- There is not tomorrow only the present moment.
- You cannot live unless you die.
- Birth - life -death is 1 movement in life.
- To be free you need to spiritual change - inwardly, psychological change.
- The inward is the outward

I was reading “Buddhist scriptures” book.

- Emptiness is the key its wisdom.
- Spiritual freedom is all about emptiness.
- Meditation helps you to become enlightened.
- Wisdom, knowledge come from silent, emptiness.

I was reading “The Holy Bible” John Scripture

- Jesus Christ said you must be born again to enter the kingdoms of God (Heaven)
- Change spiritually is very important to Jesus Christ & God
- You need to change spiritually and do the work of ministries.
- John 3.3 KJV verily verily I say unto thee except a man be born again he cannot see the kingdoms of God.

On **10/06/2024** I had work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I had a very busy day at work with lots of meeting. I need to take regular breaks.

I was thinking about my books, and I want all my books to be in Paperbacks format.

I attended Sutton Operational Community Transformation 10.30 – 11.30. I attend VCSE Partners Meeting 13.00 – 14.00. Karen Nelson had to manage frustrated VCSE Partners.

On **11/06/2024** I had work from 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended DIAM Meeting from 12.00 – 12.30. I have been working in Sutton Jubilee Health Centre today doing Peer Support Referrals.

I paid my Motorbike Insurance of £140.00 today 11/06/2024 at 15.30. I realise in being a Peer Support Coordinator I need to take regular breaks from work.

On **12/06/2024** I had work from 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today at work I have a very busy day, but I am going to make sure I take regular breaks.

I attended Huddle Meeting 09.00 – 09.10 today. I attend Sutton IRH Dialog meeting from 10.00 – 12.00. I attend Sutton Off the Record to meet Geneen with Karen, Domy, Iqra at 13.30 – 15.00. Ira (PSW) was the new PSW for Sutton Off Record and I would be providing supervision, guidance, encouragement to Ira as Sutton IRH Peer Support Coordinator.

I realise I need to start planning how I am going to work with PSW in Sutton Borough.

I did some work from home just sorting out emails to PSWs and NHS Teams.

I realise being a Peer Support Coordinator is always about being a good leader and being able to support and manage a team of PSWs.

On **13/06/2024** today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I am going to do some Mandatory Training at 10.00 – 11.30.

I completed Safeguarding adults' level 2 E-Learning. I passed 93%.

I went to Diam Meeting 12.00 – 12.30 had 2 Peer Support Referrals from DIAM Meeting. I send email to Siobhan, Robyn for 2 clients who want Peer Support.

I create Peer Support Induction (PSW) Presentation today 15.30 by copying Domy Presentation. I just added my own parts to it with Sutton IRH Information.

On **14/06/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I was met to go on a picnic at Springfield Park with Rina & Domy (Peer Support Coordinator and PSWs but it got cancelled. I worked from Springfield Hospital today doing work for Peer Support Coordinator.

Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 14/06/2024 at 15.00 - 16.00 (Fourth Session)

Self- Reflections I learn in Psychology & Counselling Therapy Session

- When you have low day, you need to go to the gym and workout or take a walk.
- The mind, body, soul is connected.
- Your negative thoughts / low days will pass.
- My emotional and spiritual states changes when I have low days.
- You are not your thoughts, feelings, emotions.

- Look after yourself and take care of your body.
- You can help your feelings, and emotions through physical exercise.
- You must let the over ruminating thinking thoughts come out of you naturally.
- Learn to let go of negative thoughts & feelings.
- Health & Wellbeing is number 1.
- Stillness & quietness is very important.
- Feel what you are feeling fully and let it pass your body.

On **17/06/2024** today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Right now, I am working at Sutton Jubilee Health Centre doing Peer Support Coordinator Work. Karen Nelson said she is busy tomorrow and not going to be able to attend. Christopher Liam Rose will run PSW Catch Up at Sutton Carers Centre tomorrow at 14.30 – 16.00. I created a Notes template for PSW catch up but there no agenda. I attended DIAM Meeting 12.00 – 12.30 had 1 Peer Support Referral which was already on waiting list.

On **18/06/2024** today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). This morning has been busy trying to get to Sutton on the trains. I have a meeting with Domy at 10.00 – 11.00 about SMURG Presentation of Sutton & Merton (Peer Support).

I was reading 365 steps to practical spirituality by David Lawrence and there were six spiritual natural laws.

- Cause & Effect.
- Attraction.
- Growth & Expansion.
- Non- Resistance.

- Giving and receiving.
- Reciprocity.

If you live within these spiritual laws, you can live a life of meaning and fulfillment.

I practice my What Is Peer Support Presentation on MS Teams today at 10.30 – 11.00.

I attended DIAM Meeting 12.00 – 12.30.

Today will be my first PSW Catch Up Meeting with PSWs in Sutton Borough. Remember this is No Agenda meeting just checking to see how everyone is doing. Normally this is for PSWs, but management is welcome to join. Just remember to be yourself and Co-Facilitator the Group.

I did PSW Catch Up my first meeting today with PSWs at 14.30 – 16.00. Most of the PSWs show up to the catch up we spoke about check in, Peer Support Referrals, Politics, Sutton IRH Teams, NHS Clinicians, Improvement, Training, Developments.

I did notes of PSW Catch Up meeting today 18/06/2024. I send information to PSWs as a Document.

I have had a massive problem with YouTube Channel this evening. YouTube has removed all my YouTube Channels; I have appeal on all YouTube Channel today. I need to wait to find out what happens to my YouTube Channels.

I spoke to police / fraud about Cyberhacking. **Reference - NFRC240606728801.**

I have been cyberhacker on YouTube Channels /Google accounts today.

I prayed to Jesus Christ & God about my situations with YouTube Channels today because I was going through serious adversity and challenges.

On **19/06/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS).

I had to do what is peer support? Presentation to Sutton PLRS Team today at 10.00 - 10.30.

I did what is peer support? Presentation to Sutton PLRS team today and it went well. I made sure I gave it my all. Also, there was some tech issues with PSW Videos and Screensharing which I took notes of.

I went to Sutton Transformation Celebration Event 13.00 - 14.00 with all Sutton IRH & VCSE Partners.

I created Doodle Poll for PSWs catch up meeting for 22/10/2024, 23/10/2024. 24/10/2024 between 14.00 - 15.30 or 14.30 - 16.00.

I showed Billy Wong how to do Peer Support Referrals Form and supported with 1 client PSW Support Information 14.30 - 15.00.

Life Lessons I learnt from Hacked & Removed YouTube Channels

- Losing is Inevitable.
- You cannot spend all your time on YouTube.
- Find new ways of sharing your content.
- Security online is very important.
- Jesus Christ & God want me to learn.
- Loss is a part of life.
- Positive Attitude is important in life.
- Don't take things so personally.

- There are always lessons to be learnt in pain & adversity.
- My spiritual life purpose means I will lose important thing.
- Loss makes you humble.
- Focus on your spiritual contributions.
- Mental Health Fitness is very important.
- Learn from your losses and success.
- You only grow when you suffer loss.

On **20/06/2024** today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I worked from home I got lots of work to do and need to organize my time effectively. I attended DIAM Meeting 12.00 – 12.30 No Peer Support Referrals.

I had Peer Support Supervision with Karen Nelson at 13.30 – 14.30. There lots of work that need to be done in Sutton IRH with Peer Support Referrals.

I took a walk in Battersea Park for 45 minute which was great.

Self-Reflections from today 20/06/2024

- Losing is Inevitable
- Don't make decisions when your angry
 - o Jesus Christ & God has calling me to do ministries / evangelism.
 - o Build – Start Again.
 - o Learn from your losses.
 - o Stay strong in spiritual learning.
 - o Stay on your spiritual life purpose.
 - o You will not understand everything.

Today has been a hard day but I am always learning new life lessons.

On **21/06/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator. I did a Joint What is Peer Support? Presentation with Domy at SMURG Meeting 11.00 – 12.00. Me & Domy completed the What Is Peer Support? Presentation which went well, and we did Q/A at SMURG Meeting.

I created Sutton VCSE Partners Services Presentation today 14.15 – 14.50 which is now done.

Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 21/06/2024 at 15.00 – 16.00 (Fifth Session)

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Resilience is a powerful thing.
- Stay strong in defeat.
- You are not your circumstances.
- Nothing happens for coincidence.
- Spiritually you are connected.
- Start over / Build / Grow.
- You cannot take my identify.
- Learning is the key to life.
- You are not your problems.
- Self-Reflection is very important.
- God & Jesus Christ has a purpose for you.
- Write a Book about losses.
- Pain is temporary.
- Life changes and you change.
- God is opening you up a new life path.

- Spiritual faith is the key to spiritual growth.
- Test / Challenges are rewards.
- Stay spiritual and stay thankful.

On **22/06/2024** I was struggling with difficulties of YouTube Channels being removed and hacked which was causing me much stress and anxious.

Self-Reflection on today 22/06/2024

- Life is about self-discovery.
- Sometimes you need to take risk.
- Be patience and do things in perfect timing.
- Learn from losses and challenges.
- You are not who you are from Yesterday.
- Chang is a part of life.
- Focus on things you can control and not what you can't!
- Money helps to resolve problems.
- Invest in your learning.
- Spiritual problems happen to spiritual people.
- You cannot change the past.
- Learn from failure.

On **23/06/2024** It is the weekend and I have been working on Peer Support Referrals (Sutton) Waiting list. I have organised all the Peer Support Referrals and Now I know which clients has not received Peer Support and What clients Peer Support Referral Form is not completed.

On **24/06/2024** I was experiencing serious challenges and adversity with YouTube Channels being removed and hacked which was affect my focus and productive. I am going to Jubilee Health Centre, and I missed my trains to Sutton because my mind was confused and I was anxious

and angry. I attend DIAM Meeting 12.00 – 13.00. I attended PSW Training Co-Production Meeting 14.00 – 15.30 with Peer Support Coordinator.

I was having a difficult day and the YouTube Frauds was making me feel miserable and seriously upset.

Self-Reflections from Today 24/06/2024

- Never make any decisions out of desperation.
- Don't spend money online unless the website is secure.
- Learn from the losses and challenges.
- Your spiritual hero keep you focus.
- Stay on your spiritual life purpose.
- Losses equal more calling.
- If your vulnerable look after yourself.
- The work will always continue so keep going.
- Your struggles are your rewards.
- Don't become miserable when you face serious challenges.
- The spirituality is the secret.
- Overcome problems – Overcome your life.
- Life has problems so deal with them.
- You only grow by learning from mistakes.
- Your Past losses will become your future rewards.
- Do never ever give up.
- You can't change time – Life moves forward.
- You can't control circumstances, but you can learn from them.
- Stay spiritual – Stay True.
- Don't waste money ever never ever.
- Spiritual Choices and Decisions (Must Do)

On **25/06/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am working from Springfield Hospital today to do Peer Support Coordinator. I send PSW Catch Up Meeting for 22/10/2024 at 14.30 – 16.00 at Sutton Mental Health Foundation to all the PSWs at 11.45.

I attended DIAM Meeting 12.00 – 12.30 today No Peer Support Referrals.

I have been working very hard on Peer Support Referrals emailing NHS Clinicians and Team Managers. I need to think of an easier way to get more Peer Support Referrals for VCSE Partners.

I need to grow the Peer Support Awareness in Sutton IRH. I send email to Heidi & Pandria today at 14.06 about Peer Support Presentation. I attend community transformation events 15.00 – 17.00 and met Domy, Rina, VCSE Partners, IRH Teams, Management, Senior Leads.

Self-Reflections for Today 25/06/2024

- Record / Documented everything you do not matter what.
- Suffering teaches your life lessons.
- Don't get emotional but push through.
- Learning.
- Understanding yourself is knowledge & wisdom.
- God / Jesus Christ wants me to learn.
- Losses are rewards.
- Don't be attached to anything but live free and spiritually.
- You cannot change time or challenges that have happen.

- More forward – Helping Other People.
- Learn from my spiritual heroes Paul Dorrington & Karen Meechan.
- This will [ass but what important is what you learn (True).
- Character is built through suffering.
- Don't get life challenges to stop you on your spiritual life mission.
- Do the opposite of everyone else to have rewards that people don't get.
- Suffering brings out spiritual beauty.
- Work and keep working for dreams and desires.
- You will grow from losses.
- You will understand at the end (Powerful).

On **26/06/2024** Today I went to work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I had PSW Catch Up with Iqra, Domy today at 11.00 – 11.30. I attended DIAM Meeting 12.00 – 12.30. I created a video of How to do Peer Support Referrals for 4 VCSE Partners at 13.45 – 14.10. I created a Video of How to do Peer Support Referrals for Sutton Carers Centre (VCSE Partner) at 14.00 – 14.20.

I realise I need to give myself some time away from work to process all the recent activities with YouTube Hacked and Remove of 5 YouTube Channels.

I went to church service #LCI Constituency Service 19.00 – 21.00. I prayed to Jesus Christ & God in church service at 19.42. Reverend T was talking about blessing in his sermon. God bless men and female when he created them in Genesis 1.2-7 – 1.2-8.

Reverend T said to believe in Jesus Christ & God supernaturally. God doesn't have human thinking but

spiritual thinking. Don't do things based on yourself but follow biblical in the bible. Blessing comes from God. Live for Christ.

On **27/06/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS), Right now I am in MDT Meeting for Carshalton & Wallington IRH 09.15 - 11.15. I attend DIAM Meeting 12.00 - 12.30. I have 2 Peer Support Referrals from DIAM Meeting.

I created what is peer support? Presentation video on MS Teams today at 14.30. I have been working from home all day which has been tiring but I am getting through it. I am not met to give formal supervision to PSWs in VCSE Partners. I need to create a PSW Supervision Group / Talk to PSWs to see what they want. A PSW supervision chat / coffee sounds like a good idea for PSW Supervision we can do this in the community.

I took a nap 16.30 - 17.30.

Self-Reflection from today 27/06/2024

- You can't control everything sometime let things pass.
- Make sure I do all the things I need to do to help my situation.
- Jesus Christ & God is with me.
- So long as I believe in Jesus Chris & God my faith will grow.
- You cannot change time or past.
- Move forward - focus on my zone of power.
- Life problems & life challenges is part of the Journey.
- Learn from mistakes.
- I am going to stay spiritual / keep learning.

- Push through with your faith.

On **28/06/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I will be working from home sorting out Peer Support Referrals and talking to NHS Clinicians. I attended DIAM Meeting 12.00 – 12.30.

Me & Billy Wong did Mock Job Interview for client for Peer Support Worker role at 12.30 – 13.00. Client did very well in Mock Job Interview, and I gave feedback.

Me, Billy Wong, Matthew Vidal is going to Cinnamon Cottage in Wallington for 17.30. Matthew Vidal didn't have money for central London.

I been working from home today very busy with Peer Support Referrals and progress notes.

Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 28/06/2024 at 15.00 – 16.00 (Sixth Session) (Final Session)

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Learn from life challenges / life mistakes.
- Spiritual growth comes from learning.
- You will not understand everything that happen to you.
- Starting again can be very spiritual.
- The losses have life lessons.
- Change is a good thing.
- Everyone must go through pain / suffering.
- Love helps you to heal pain.

- Appreciation for life is key.
- Positive attitude is very important.
- Learn.

Sara Williams has been an excellent Therapist and I have learned a lot from Sara Williams.

I am going to hire Sara Williams Private for Psychology & Counselling in 3 Month Time

Sara Williams has worked in Psychology for over 30 years – 26 years as a therapist – 13 years in Body Therapy / Physical Health.

On **01/07/2024** Today I worked 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS) today I am going to work from home because it easier than travelling to coffee shop. I have got lots of work to do so I need to focus. I attend DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referral. I been working from home all day sorting out Peer Support Referrals.

On **02/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I attended the Involvement Team Development Away (Day) 09.30 – 16.30 with all Peer Support Coordinators (Kevin, Rina, Domy), Peer Support Lead (Karen, Jose), Involvement.

Self-Reflection life lessons from today 02/07/2024

- Positive Attitude is very important.
- Learn from life experience.
- You can overcome life challenges by a different positive perspective.
- A Positive worldwide is especially important.
- Learning is the key to spiritual growth.

- You are not your circumstances.
- Life test / life challenges are life lessons.
- Push through adversity / challenges.

On **03/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am working from home doing Mandatory Training All Day 10.00 – 17.00. There are lots of Peer Support Referrals email that I need to sort out before I do my mandatory training.

I attended DIAM Meeting 12.00 – 12.30 I had 2 Peer Support Referrals. Today working from home doing progress notes and Peer Support Referrals. I realise I must organise my diary & calendar for NHS Peer Support Coordinator for next week at 19.30. I send email to all Sutton IRH, Peer Support Coordinators, Peer Support Workers about my Annual leave for 04/07/2024 to 05/07/2024.

On **04/07/2024** I went to church and prayed to Jesus Christ & God at 12.45 – 13.10. I gave £10.00 offering to church (Westminster Cathedral).

I went to Silk Barbers and got my beard shave off (clean) Spent £10.00 from 17.00 – 18.00.

I took a Nap from 19.45 – 20.25 in my bed.

On **05/07/2024** I had a nap from 13.30 – 17.00 I need some sleep was feeling tired. I completed client feedback for Sara Williams on CIC Portal today at 17.30. I did Mock Job Interview with Matthew 17.45 – 18.30 for Peer Support Coordinator Role (SWLSTG) (NHS).

I ironed NHS Peer Support Coordinator clothes for next week at 19.15.

On **06/07/2024** I prayed to Jesus Christ & God at home today at 15.00. Right now, I am at chill house coffee shop I am going to do some reading and drink some coffee at 17.30. I was reading Jiddu Krishnamurti "Freedom from the Known" Book.

- You need to understand consciousness completely.
- When you understand yourself, you understand consciousness.
- Learning to observe is key to self-awareness.
- Freedom from the Known is freedom from consciousness.

I read the bible "1 Timothy" Scriptures and this scripture really help me to understand Jesus Christ & God.

- 1 Timothy 2.5 - For there is one God and one mediator between God and Men the man Christ Jesus

Doing the work of ministries is (important)

I was reading John C Maxwell "The 21 Irrefutable laws of leadership" and I understood that Intuition and spiritual guidance is key in being a leader. You got to use your intuition to make right decisions & choices.

Today has been a spiritual day but also challenging. I was getting a bit angry and frustrated with people not helping other people, but this is ok. I am learning to deal with this. I had to go to the gym to calm down and relax my body.

Self-Reflections life lessons 06/07/2024

- Helping Other People is my spiritual life work.
- Don't follow your feelings and emotions when you're angry.
- Take time to be silent / quiet.

- You can overcome your Angry / difficulties through learning.
- Focus on your spiritual calling.
- Patience practice.
- Always stay true to your faith.
- You cannot change the past.

On **07/07/2024** I prayed to Jesus Christ & God in Church #LCI at 12.45 – 12.55. Reverend Archie was preaching about loyalty and disloyalty. You need to have faith and stay truthful. Live in your spiritual life purpose, spiritual calling, faithfulness is especially important in Jesus Christ & God. I took communion at church #LCI. Jesus Christ (Bread) Flesh, Jesus Christ (Blood) Wine at 14.24.

I took a walk in Battersea Park and walked 45 minutes which was good. I love being in Nature and walking. This evening I been working from home catching up on All NHS emails and I have done / gone through all the emails 21.30 – 00.30 which need to be done.

On **08/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am at Wilson Hospital with Domy doing PSW Induction 11.00 – 16.30. We discussed Peer Support Worker, Peer Support which was good.

Today I need to do some Peer Support Coordinator work (SWLSTG) (NHS). Today has been a long day. Travelling & commuting to Wilson Hospital I feel tired.

I went to Aby Beaty Salon and got my hair washed and braided by hairdresser. Spent £40.00.

On **09/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I worked in Jubilee

Health Centre today 09.00 - 17.00. I have sent ICT Helpdesk Rio Errors of Peer Support Referrals form not showing information or duplicating on Peer Support Referral Form - 1237972.

I send out a chat / coffee PSW Catch Up (Monthly) (Optional) (Drop In) doddle poll to all PSW today 11.38. I attended DIAM Meeting 12.00 - 12.30 I had 2 Peer Support Referrals for Sutton Carers Centre, Sutton Off the Record, IPS.

I had lunch chickpea/potato masala which was good from Sainsbury and spoke with NHS Psychologist (Racheal) about my Peer Support Story and shared lived experience.

Today I have been working hard in Jubilee Health Centre doing Peer Support Referrals and emails.

On **10/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended Peer Support Worker Visit at VCSE Partner (Sutton Age UK) 09.30 - 11.00 to meet Carolina and Vari. We had a good PSW Catch up.

I travel from Sutton to Tooting (Springfield Hospital) for Street Party at 11.00 - 12.30.

I am going to check my emails then go to the street party afterwards.

I attended DIAM Meeting 12.00 - 12.30 No Peer Support Referral.

I went to the street party and met Domy, Rina, Karen, Kevin at Springfield Hospital.

I had potato, spinach, curry, salad from the street party was genuinely nice.

I have been working hard on declined Peer Support Referrals from Carolina there are lots of clients that been declined. Today I have been working hard on my emails and Peer Support Referrals.

Self-Reflections life lessons from today 10/07/2024

- Hard work pays off.
- I need to find easier ways of working productive.
- Use your time wisely.
- Look after your health & wellbeing.
- Drink more water.
- Take regular breaks.
- Plan your day and be available for breaks.
- You can only do so much in 1 day.
- You only have 24 hours per day.
- Don't work over 17.00.

On **11/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attend Sutton & Cheam IRH MDT Meeting 09.00 - 11.00. I attend DIAM Meeting 12.00 - 12.30 I had potential Peer Support Referral. I been working hard through emails / Peer Support Referrals today I need to make sure I read through all Peer Support Referrals before accepting them for Peer Support. I booked ABLS Classroom community and allied professionals at 01/08/2024 at 15.30 - 17.00.

Self- Reflection Life Lessons 11/07/2024

- Organize your time, plan your day.
- Focus on most important thing first.
- Act, learn along the way.
- Sometimes work will challenge you but push through keep going.

- Life is what you make it.
- Focus on doing productive work.

On **12/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Right now, I am at Starbucks (Vauxhall) I am going to do some Peer Support Coordinator NHS Work at 11.00. The internet not working in Starbucks, so I am going to move and leave.

Right Now, I am home in my flat doing some NHS Peer Support Coordinator work.

I passed Infection Prevention and Control Level 2 on Compass today at 13.00 – 14.00. 85% passed.

I have been working from home today and finish up my Peer Support Coordinator work.

On **15/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am working at Sutton Jubilee Health Centre. I wrote my life story for Rethink mental illness campaign for Kari today at 10.20 – 10.40. I attend DIAM meeting 12.00 – 12.30 I had 1 potential Peer Support Referrals for Sutton Off the Record.

Karen Nelson will not be my Line Manager anymore and Jose Mejia will be my Peer Support Line Manager which is ok.

My Peer Supervision was cancelling by Karen Nelson due to changes in line management with Jose.

I completed 1 Peer Support Referral at 15.00 send it to Sutton Mental Health Foundation.

On **16/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Right now, I am at Sutton Jubilee Health Centre doing some Peer Support

Coordinator work. It took a long time to get to work today on the trains, but I am here now.

I attended DIAM Meeting 12.00 – 12.30 No Peer Support Referrals. I have been working on emails / Peer Support Referrals today 16/07/2024.

Right now, I am in Leicester Square I am going to do some Preparation for What Is Peer Support? Presentation. I am Pret on my NHS Laptop.

I did a Practice What is Peer Support? Presentation and I did it in 20 Minutes. Which is ok which leave 10 minute to show how to do Peer Support Referrals

I am getting better at Presenting and Remember don't drink coffee before Presentation because it makes me nervous / Anxious.

Self-Reflection from today 16/07/2024

- Don't share personal / sensitive information to NHS Clinicians about PSW (Never Do This).
- Learn from your mistakes.
- Spend time learning / understanding.
- Central London is a wonderful place to explore.
- I work better in Coffee Shop then at home.
- Productive Work is especially important.
- Spend your time wisely.
- Helping Other People is my life work.
- Be a leader – Lead by example.
- Change is the Motivation.
- Practice makes Perfect.
- Prepare for life challenges and life events.

On **17/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I went to Springfield Hospital going to do Peer Support Coordinator work.

Today is Paul Dorrington IPS/Peer Support Talk at Springfield Hospital at 14.30 - 16.00.

I am realizing I need to wake up early from sleep to give me more time in Peer Support Coordinator. I need to see how Peer Support Workers are doing I know they are very busy. I need to practice Peer Support Presentation. What Is Peer Support?

I went to Paul Dorrington IPS/Peer Support talk in Springfield Hospital, and it was excellent Paul Dorrington is a great speaker and all PSWs. Employment Specialist, Lead was in the meeting 14.30 - 16.00 we did workshop after Paul Dorrington Talk.

On **18/07/2024** Today I work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am doing a What is Peer Support? Presentation to Carshalton & Wallington IRH from 09.15 - 09.45.

The What is Peer Support? Presentation? Went well. When doing Presentation, you need to include sounds before screening the screen. Once you include sounds then you can hear videos.

I attended Jubilee Street Party at Jubilee Health Centre today 12.30 - 13.30 had some vegetarian lunch.

I completed 1 New Peer Support Referrals form for 1 client to Sutton Off the Record at 14.25.

On **19/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended DIAM Meeting 12.00 - 12.30 No Peer Support Referrals. It was a long DIAM Meeting.

I had a meeting with Zoe to discuss Peer Support Referrals for 2 clients at 13.30 - 13.45.

On **22/07/2024** Today I had Annual Leave from work because my Electricity was not working in my flat.

On **23/07/2024** Today I work from home 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I had to get my Electricity sort out within my flat. I attend Sutton Operational Governance Group Meeting today from Kiran to Discuss Peer Support Referrals 10.00 - 10.30.

I am DIAM Meeting 12.00 - 12.30 had 1 Peer Support Referral to Sutton Off the Record & Sutton Carers Centre.

On **24/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I am working in Jubilee Health Centre 09.00 - 17.00. I have sent email to Jose, PSWs, Ebenezer, Iqra today about Peer Support, Data, PSW Catch Up, 09.30 - 10.30.

I been working on emails / Peer Support Referral this morning 10.00 - 11.00.

I went to DIAM Meeting 12.00 - 12.30 had 1 Peer Support Referral for Sutton Mental Health Foundation.

I spoke with Heidi about doing PSWs doing Presentation to Sutton IRH

On **25/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended Sutton & Cheam IRH Business Meeting at 09.00 - 11.00. I watch a

Presentation on Recovery college by Kevin at 09.00 – 09.30. Heidi was talking about KPI, Targets.

I have written up a Summary of where we at with Peer Support Referrals and Send to Peer Support Workers at 11.50.

I attended DIAM Meeting 12.00 – 12.30 I had 2 Peer Support Referrals.

I spoke to 1 client about Carer Peer Support for Sutton Carers Centre.

I went to Soho with Matthew Vidal, Billy Wong we had dinner at Ruyi. I got Tofu, Rice (Fried), Veg Spring Rolls, Sweet & Sour, Orange Juice was very poor by 2 Staff today which was not good.

Me, Matthew Vidal, Billy Wong went to Curzon Soho had some Tea, Drink and talked about Work, Paul Dorrington, Karen Meechan, Relationship, Spirituality, Religion, Sexuality which was a good deep conversation.

Matthew Vidal & Billy Wong are my spiritual brothers they are good friends.

On **26/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I have been working on Peer Support Referrals and email today 10.00 – 12.00. I attend DIAM Meeting 12.00 – 12.30. I have done all emails / Peer Support Referrals so far 13.00 – 14.00.

I need to organise some time to do more Peer Support Presentation to Sutton IRH.

It is Payday – (July 2024) - £1985.97 from (NHS) (SWLSTG).

Today I had my first Supervision with Jose today at 15.00 – 16.00 which was good we spoke about Peer Support Referrals, Work Performance, Peer Support, Strategy, PSW Catch Up.

I been working from home all day and it has been hard work.

I had Ira PSW Catch Up at 16.30 – 17.30. Iqra is doing well and doing Peer Support to clients which is great. Iqra has 10 Peer Support Clients in Sutton Currently working with. I am proud of Iqra and the progress she has made.

On **29/07/2024** Today I had work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). It took me a long time to travel to Wallington today because I had to take Tube & Bus 157 to Wallington 08.20 – 10.15. Today I worked in Sutton Jubilee Health Centre 09.00 – 17.00. I email Bank Staff/Temporary Staffing about weekend job options at 10.53. I attend DIAM Meeting 12.00 – 12.30 I had 3 Peer Support Referrals.

I have decided that I want to become a Counsellor & Psychologist. For 10 years this has been something I have been thinking about.

I completed 2 Peer Support Referrals for 1 client for Sutton Off the Record & Sutton Carers Centre at 14.30 – 15.00.

On **30/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am working from Jubilee Health Centre 10.00 – 17.00. I attend DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referrals. I attend Debrief with Carshalton & Wallington for 1 client at 14.00 – 15.00.

On **31/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referrals for Sutton Off the Record & Sutton Carers Centre. I completed Mental Health Law E-Learning at 12.30 – 15.00 passed 9.67 out of 10.0.

I book Mental Law Classroom session on 26/09/2024 at 13.30 – 15.00 on compass.

I have been working all day from home which has been hard work.

Summary of Peer Support Coordinator role (Life Lessons) by Christopher Liam Rose

Right now, within my Mental Health Career and Mental Health Journey I am still currently working as a Peer Support Coordinator in Sutton Jubilee Health Centre. The work I have been doing for 4 Month as a Peer Support Coordinator has been very interesting but lots of learning and understanding Peer Support and mental health recovery. As a Peer Support Coordinator, I realise that you need to need to have a good understanding of leaderships, management, understanding of Peer Support Services and how to work with PSWs. This is very important to understand because as a Peer Support Coordinator you will be managing and working with PSWs within a Services & Partners and if you don't have a good understanding of Mental Health Services and how to really support and help PSWs in their mental health journey and recovery then this work would become very difficult to do. Learning from my life experience of becoming a Peer Support Coordinator have been a dream come true but that the same time this is profoundly serious work and working with PSWs and

running a whole Peer Support Services can become challenging. The important thing I have realise in my mental health career and mental health journey is patience and give yourself time to learn and understand your role. Being a Peer Support Coordinator comes with responsibilities which you need to understand and learn as you're doing your role as a Peer Support Coordinator.

If you stay focus on your work as Peer Support Coordinator and focus on how you are leading and managing PSWs and running the Peer Support Services, then you will learn so much from just working in the role day to day. It is important to realise that mental health career work and helping other people is not just working in a specific career and role. There is a lot to learn in mental health careers and mental health journey. I have always said in my mental health careers journey and the 100 & 1000s of clients I have support over 10 years that you don't get into Peer Support Coordinator role from money, self-gratification this is not the right way of doing Peer Support Coordinator work. Remember that you will be working with PSWs with lived experience of mental health and clients who are going through serious mental health challenges which is very difficult and not easier work.

Being a Peer Support Coordinator is about your heart & passion for Peer Support and Lived experience. This is the key to be successful as a Peer Support Coordinator but if you get into this career path for any other reason than this would not be a good thing.

When I decided to become a Peer Support Coordinator, I was focus on helping other people, running a service of PSWs, doing my work to best support clients in their

mental health journey. These was the main reason why I choose to become a Peer Support Coordinator. You need to learn that Peer Support Coordinator work means you are not always going to have a caseload of clients you work with because this work is about coordination so it is important to realise that you will be supervising and managing PSWs in their work to support clients.

I would really recommend that you get life experience and work experience in Peer Support before you try to become a Peer Support Coordinator because this will help you to give you the skills and abilities of how PSW work within the work and careers.

You learn each day and daily you grow as a Peer Support Coordinator. Sometimes the work can become challenges and hard to manage but keep faithful and stay focus on your main reason why you choose to work as Peer Support Coordinator. Some days you may feel like you want to give up and quit everything because the work is too difficult.

Because now you are a supervisor of people the work become very different, and you need to develop the skills and abilities before you can really do this work.

Peer Support Coordinator is rewarding work but come with responsibilities which you need to be prepare for. This is important because Peer Support is Lived Experience of mental health and if you don't prepare and work on your skills and abilities of Peer Support you will find it hard to manage PSWs in their work.

Life is a journey, and you learn day by day new skills and abilities

In my life experience being a Peer Support Coordinator has been a very important role within my mental health career. Not because I am doing this role because of my self – No because that not the motivation in the work I do but for the heartily reason of passion for Peer Support & Lived experience.

The Passion will take you all the way in Leadership and mental health careers.

Within the NHS Organisation I have now worked in 5 Mental Health Careers roles within the NHS.

This work is not just work for me it my Spiritual Life Purpose. The reason why I share my mental health careers within my Books is to encourage the readers to do the work themselves not for me but for what is important for you and your family.

I was 24 – 25-year-old when I started to work with mental health industry because of my passion for my lived experience of Schizophrenia – Psychosis – Depression which I have lived with for 20 years.

I want you to learn readers that are reading my life story that don't ever do work based on finance – income – money because you will never be able to build the mental health career I have built.

Being a Peer Support Coordinator is not work it is your Spiritual life work because of your lived experience.

Your lived experience is the true secret to building a mental health career if you have mental health condition. This is super important because I want you to really understand these readers. Your lived experience is your life

- Your life is based on your Lived experience - If you use your Lived experience to help other people you are doing the most Spiritual Rewarding work you can ever imagine but it really started by understanding Yourself first.

Spiritual Life Transformation is not easier to find in people and in the work we do. Some people who have serious lived experience in mental health go on to build successful mental health careers and build a mental health career for themselves and their family. Some people who have learn to understand what is lived experience and how to overcome the adversity and challenges that comes from there mental health go on to be the source of inspiration for Hundred, Thousands, Millions, Billions of People (Human Beings).

You cannot Spiritual Transform from a place of leadership without understanding who you are within your life and your spiritual life purpose and spiritual calling. I want you to understand who is reading my Life Story that Peer Support work is always about lived experience. The People who learn and understand go on to support lots of clients and PSWs.

The Spiritual Life Transformation would need to happen within your mental health career journey before you will be an inspiration to lots of clients and PSWs.

Please understand readers that this is a life journey - You start the journey, and you continue the journey - When times are challenges, or you feel like it too difficult - Keep going with helping other people and giving back.

The people within the mental health industry who have gone on to make a massive difference into hundreds,

thousands, millions of people all learn how to understand themselves first.

Each person Lived experience is different and no few people are the same because we all go through different life experience but the important thing is learning & understanding about your life.

Peer Support is lived experience but it orders to understand your lived experience you need to learn and understand.

If you really want to become a Peer Support Coordinator – Learn from your life experience and find a way to use your life experience to help other people and give back.

Learn that some people would not be able to do this, but this is the first Spiritual Life Transformation in Peer Support and mental health careers.

Peer Support is not easier, and challenges do come with this work

Remember that Peer Support is a vocation and from when you start to where you become can be the difference between helping 1 person or helping Millions.

I want you to understand that your lived experience is part of the journey of your life because that what makes you into a Peer Support Worker. Without Lived Experience you cannot become a Peer Support Worker.

Lived Experience and Peer Support is the heart of mental health recovery.

Your life experience changes you into the person you need to be for others within mental health careers and within your mental health journey.

Remember please don't copy people because everyone is on their journey and learning and discovery.

In Peer Support Coordinator work stay in your lane, within your role, do your best work and stay motivated on your purpose.

Because become a Peer Support Coordinator is Coordination you will have to learn and develops your skills and abilities. All of this can be learnt and understood by Daily working and observing the work you do.

Peer Support Coordinator is very rewarding and fulfilling but make sure you have your foundations and learn every day in the work you will be doing for your NHS Teams.

Chapter 11

PSW Training Course (Accredited) (Day 1 – 8) with (With-You)

I have always wanted to study a Peer Support Worker Training Course for myself and for my mental health careers. As I was an Employment Specialist, I said to Line Manager Paul Dorrington & Jessica Wall that I wanted to do a PSW Training Course with (With-You). Paul Dorrington & Jessica Wall start Yes you can study this PSW Training Course with (With-You) because you're going to be leave us in North Kingston Team to become a Peer Support Coordinator. I said to Paul Dorrington & Jessica Wall Yes thank you so much and I will register for PSW Training Course with (With-You).

At work I registered to PSW Training Course with (With-You) online from my NHS Laptop.

I received an email from With-You that I was successful in my Course Registration, and you can do the PSW Training Course (With-You).

I was so happy about this because I always wanted to be a qualified Peer Support Worker and this course would help me to get there.

PSW Training Course would run for 8 weeks with Peer Support Trainers & Co-facilitators from With-You.

These was the dates and times that I would be studying the PSW Training Course with (With-You)

Day 1 - 26/03/2024 at 09.45 - 16.00 (First Day)

Day 2 - 02/04/2024 at 09.45 - 16.00

Day 3 - 09/04/2024 at 09.45 - 16.00

Day 4 - 16/04/2024 at 09.45 - 16.00

Day - 5 - 14/05/2024 at 09.45 - 16.00

Day - 6 - 21/05/2024 at 09.45 - 16.00

Day 7 - 28/05/2024 at 09.45 - 16.00

Day 8 - 04/06/2024 at 09.45 - 16.00 (Final Day)

Overview

Our AIM Accredited Peer Support Worker (PSW) Training is a comprehensive course which equips those working in peer-based roles with all the fundamentals and core skills to work across various settings and sectors.

We aim to meet people where they are in terms of their skills, knowledge, and experiences. Through interactive methods and humanist principles, we foster a supportive environment for reflection and skill development, drawing on the HEE Competency Framework. Our delivery team facilitates discussions, and small group activities and introduce skills practice to maximise inclusivity and participation.

Why Peer Support Training Matters

Peer Support is increasingly recognised as an invaluable role within workforces across health and justice, inc. third sector, community, social enterprise, and statutory sectors, including the NHS, health, justice, housing, and private providers of specialist services.

Over the course of 8 days, delivered by our experienced and diverse Associate network and alongside self-directed learning through our online resources, learners will increase their confidence, capabilities and further understand the unique role of peer supporters, embody key values, utilise empathic listening, prioritise self-care, and navigate challenges.

Our PSW Training

This 8-day course can be delivered in a variety of ways to support organisational ambitions for their workforce, please speak to us about the different options.

The initial 4 days will encourage reflection on the core skills, including the use of language, supporting well-being, boundaries, disclosure, and problem solving. We then take a break over a period of 6-8 weeks to put those core skills into practice, before coming back together to undertake topic specific inquiry-based learning and consolidation in the final 4 days.

We emphasise reflective practice and discussion throughout the course, as well as delivering our sessions in a dynamic way to support learning.

Our training has been awarded an AIM Quality Mark approved centre status. This is an excellence kitemark awarded to organisations who demonstrate provision of high-quality training. We have been assessed by an accrediting organisation and found to successfully offer quality assured training programmes.

Learners will receive a certificate following the last day of your training. It will reflect your training experience and your commitment to the course.

My Summary of PSW Training Course by Christopher Liam Rose

I learn so much about Peer Support and understanding the important of using your lived experience to help other people and give back. In this PSW Training Course we learn so much about Peer Support Competence Framework, Mental Health Plans, Peer Support Plans, Mental Health Crisis Plans, Stigma, Suicide, Understanding Peer Support, Mental Health Services, Self-determination, self-discrimination, History of Peer Support, Understanding Hope, Control, Opportunity, Racism, Religions & mental health, Values – Beliefs – Morals in Peer Support, Peer Support Caseloads, What is a Peer Support Worker, Why Peer Support is value in mental health services, Understanding clients who want to work with Peer Support Workers.

This PSW Training Course was very intensive but very good. The with-you Peer Support Trainers were excellent and really help us all with our learning and understanding of Peer Support.

I learnt through this PSW Training Course that being a Peer Support Worker is all about lived experience and mental health recovery. Peer Support Workers are hope & inspiration for clients who are experiencing mental health difficulties and challenges.

Also, within this course we work in Groups working on presentations about different topics on Peer Support which was very rewarding. We also had to do self-learning and read books and resources about Peer Support from With-You resources which was given to us.

This PSW Training course was a wonderful, enlightening course to do and I learned so much about myself and Peer Support. Also, all the PSW in the course created a PSW Group on WhatsApp so we can all socialise and communicate with each other which I thought was excellent. PSW have lived experience of mental health and the PSW community was great to be a part of and learning from other PSW lived experience stories show me that I am not alone with my mental health conditions and Peer Support is the future in mental health services.

I realise I made the right decision to become a Peer Support Coordinator with SWLSTG (NHS).

I completed all 8 days of PSW Training Course and was accredited my certificate as a Qualified Peer Support Worker which was a dream come true.

Peer Support is my life and I want to use my lived experience to inspire clients on their mental health recovery journey.

I was so happy when I qualified as a Peer Support Worker because it was 10 years waiting process before I became qualify but it was worth the wait.

**Christopher Liam Rose – Peer Support Worker Accreditation
Certificate**



This is to certify that

Christopher Rose

has completed the following

Investing in your Future: Peer Support Worker Programme

Provided by

With-you Consultancy Ltd

Award Date: 05/06/2024
Learner Number: 40109440
Certificate Number: 40248226

A handwritten signature in black ink, appearing to read 'K. Kerswell'.

Kevern Kerswell
Chief Executive Officer
Aim Qualifications and Assessment Group

Chapter 12

Overcoming Adversity & Life Challenges

I have been through some serious life challenges and adversity which has nearly destroyed me within my life but I want the readers to understand that all of the Adversity and life challenges I have been through has made me into the person I am today and even if I have had some very serious hard life lessons, I have grown as an individual and human being and devoted my whole life into helping other people and giving back. I have realised that Adversity & life challenges is part of your spiritual calling and spiritual life purpose. Sometimes when you go through challenges life experiences it makes you humbler and more spiritual.

Here are some of my Adversity & Life Challenges I have been through.

- Parents had a Divorce.
- Abortion of my Children.
- Abuse from family members.
- Being involved in Gangs & Crime.
- Negative Childhood.
- Negative Upbringings.
- Mental Health Difficulties of Schizophrenia, Psychosis, Depression.

- Anger Problems due to negative childhood.
- Loss of relationship with ex-partners.
- Loss of jobs & employment.
- Loss of family members passing away.
- Death of Grandfather.
- Mother who had Breast Cancer.
- Loss of University degree & education.
- Mental & Emotional Suffering.
- Loss of home and all my possession in a Fire 30/09/2014.
- Loss of Honda Motorbike being stolen.
- 5 YouTube Channels removed by YouTube.
- Twitter Fraud of £250.00.
- See a Guy pass away in the streets of Battersea.
- Drug Overdose.
- Enemies trying to kill me and destroy me.
- Negative Spiritual Life Experience.
- Trying to commit Suicide due to negative trauma.
- Past Trauma.
- Dealing with loss.
- Dealing with Bereavement.
- Life Problems within my family.
- Being Sectioned in Springfield Hospital (Mental Health Wards).
- Homelessness.
- Dissolving my Music Business (Starz Gang Rockstarz).
- Losing all my Music Equipment.
- Losing all my clothes and possessions.
- Losing all my furniture and livelihood.
- Becoming Vulnerable and mentally depressed.
- Starting again from scratch.

- Dealing with serious Adversity and life challenges.
- Losing close friends due to Gang violence.
- Being attack due to defending my Christianity Belief (Evangelism).
- Being betrayed by close friends.
- Nearly being stabbed and beating up to death.
- Near Death Life Experience
- Losing all my Spiritual Life Work on YouTube.

How did I overcome my adversity & life challenges I will explain what I did to overcome my pain and struggles.

- 1) Believe in Jesus Christ & God.
- 2) Remember my Faith is the most important thing.
- 3) Staying connected to Jesus Christ & God.
- 4) Remembering that everything is happening for my Spiritual Calling & Spiritual Life Purpose.
- 5) Create Spiritual Meaning from suffering.
- 6) Focusing on what I can control and what I can't control.
- 7) Not thinking too much about my past – Living in the Present – Working to my Future.
- 8) Jesus Christ & God loves you unconditionally.
- 9) You are not your past mistakes.
- 10) You are not your mental health conditions.
- 11) Journalling about life challenges and find new ways to cope with pain.
- 12) Understand that I don't know everything and being ok with the unknown.
- 13) Focus on what my spiritual life purpose is all about.
- 14) Spiritually Going All Out!!!

- 15) Talking with Friends & Family when I am having low days.
- 16) Remembering my Spiritual Calling.
- 17) Remembering my Spiritual Life Mission.
- 18) Focus my whole life on Helping other People and Not Myself.
- 19) Understanding that Spirituality is Everything.
- 20) You are here on earth for a reason and losing is inevitable.
- 21) Trust in my faith and Nature.
- 22) Every life problems & adversity has a solution and can be resolved.
- 23) It not the problems that make you who you are, it is the person you become that make you who you are.

The most important life lessons I learnt when you're going through Adversity and life challenges is to not give up and believe in Jesus Christ & God (Spirituality) this is what has got me through so much pain and suffering.

Chapter 13

Journalling



When I was going through serious mental health crisis and homelessness my Clinical Psychologist (Karen Meechan) said to me in Psychology & Counselling Therapy Session that you should start journalling and write down your feelings and emotions on paper. At first when Karen told me to Journal, I said I don't know how to write down my feelings and emotions on paper and I am new to journalling because I have never done it before. Karen said I want you to journal about your daily life and how your feelings and emotions are through the day.

I said to Karen ok I will do it and I will talk with you in our next Psychology & Counselling Therapy Sessions how my feelings and emotions are throughout the week. This was the beginning of my journalling journey. This was in October - November 2014. Karen Meechan has been my spiritual hero for many years due to the support & help she gave to me in Psychology & Counselling Therapy Session. I truly respect Karen Meechan for helping me with serious mental health crisis and getting me out of homelessness. Karen Meechan has been my inspiration and Paul Dorrington (Lead Employment Specialist) within my mental health journey.

When I started to journal, I would normally write about my daily life, my anger and frustration, my life problems and

adversity, things are was going through as a human being, feelings and emotions, dreams, and desires.

My journal has been a massive part of my self-development and self-discovery, and I have learnt so much about myself in journal writing. I never knew that Journalling could transform your life in so many ways and because I was able to journal everyday consistently this help me to discover my spiritual life purpose and spiritual calling.

I have always been interested in writing because I was a musician writing songs for my music business Starz Gang Rockstarz (SGR) but because my journal writing was focus on myself and how I view what I was going through I realise from my journal writing that I can become an Author and writing books about my life experiences and things that I have learnt.

Because of journalling and understanding who I have a human being I became an Author writing books about my life and spiritual journey.

Journalling for me has been my biggest secrets to massive understanding and self-awareness. I have been journalling for over 10 years from 2014 – Present and I have over 10 – 20 fully writing & completed journal within my flat with so much life lessons and daily life experience I was going through.

I believe you can discovery who you are as a person if you spend some time journalling and writing about your feelings, emotions, daily life, learning lessons, dreams & desires.

Journalling is Self-Development and the more you journal the more you discover about yourself and spiritual life purpose.

With my passion for song writing in music and my passion for journalling I have now become an Author and written over 30 books in Self-Development, Biographies, Spirituality, Religions, Faith, Ministries, Helping Other People.

Christopher Liam Rose Books

- 1) Christopher Liam Rose Life Story (Part 1)
- 2) Be What You Want to Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfillment
- 10) Learn
- 11) It Is Not the Problems That Make You
Who You Are, It Is the Person You Become That Make
You Who You Are
- 12) The Evangelism Ministry
- 13) Learning Is a Part of Living
- 14) The Self Is the Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles
- 18) Christopher Liam Rose Journal 2015
- 2016

- 19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017
- 20) Losing, Sacrificing, Suffering
- 21) Observation
- 22) Christopher Liam Rose Testimony
- 23) SGR BOOKS – Christopher Liam Rose Music Discography
- 24) Christopher Liam Rose Journal 2018 - 2019
- 25) Christopher Liam Rose Life Story (Part 2)
- 26) Christopher Liam Rose Life Story (Biography)
- 27) Imperfection To Perfection (Repentation)
- 28) Christopher Liam Rose Journal 2019
- 29) SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)
- 30) Losing Is Inevitable

The main reason I have written so many books is because I have a passion for writing and sharing information that can inspire Humanity to Spiritual Change and become who the person they want to be. My books are not for profit or for me to gain something out of it No that not the reason why I write books. My books are for people to learn and understand things about life.

Journalling has been a spiritual process for me to discover my true morals, values, beliefs. I truly believe if it wasn't for Karen Meechan & Paul Dorrington helping me when I was 24 – 25 years old with mental health crisis and

homelessness I would not be the person I am today and I wouldn't be journalling everyday about my daily life.

Journalling is a great way to learn from your life experiences and the things you have been through because life is a journey, and we learn new things every day.

I believe if you journal and stay focus on doing your journalling for 15 – 30 minutes a day you would have a journal that is full of spiritual life lessons and true learning.

My journals have helped me to learn and develop myself as a human being.

Spiritually Journalling has been the best investment I have done with my time and life because now I know who I am as a human being and my spiritual calling and spiritual life purpose.

Please readers make sure you are journalling about your daily life and the life lessons you have learnt each day.

Self-Reflection on Journalling by Christopher Liam Rose

- Journalling is an Everyday Spiritual Practice.
- Journalling helps you to discover who you are as a Human Being.
- Journalling helps you to become an Author.
- Journalling helps you to find your true morals, values, beliefs.
- Journalling helps you to discover your faith.
- Journalling helps you to discover Jesus Christ & God.
- Journalling helps you to process pain & adversity differently.
- Journalling makes you spiritual.
- Journalling is a daily spiritual habit.

- Journalling improves your writing and communication skills.
- Journalling helps with Spiritual Life Transformation.
- Journalling is Spiritual.
- Journalling helps you to learn new things.

Chapter 14

Spiritual Evangelist



Becoming a Spiritual Evangelist was especially important for my faith - Christianity - Spirituality. I have always been a deep believer of Jesus Christ & God for saving me in 30/09/2014 when I lost my home and all my possessions within a Fire.

Because I know spiritually, I was saved by Jesus Christ & God and given salvation on that traumatic horrible dramatic day when I official loss everything within my life and was officially homeless. I knew that I need to develop my faith and spirituality in Jesus Christ & God. I have always been a spiritual person within my life because I believe in Spirituality due to certain serious life experiences, I have been through as a Human Being.

When I decided to become a Spiritual Evangelist for my faith - Spirituality - Christianity this was not an easy spiritual decision and choice to make because I knew I wasn't a perfect human being, and I knew I had mental health trauma and emotional suffering that I was dealing with. But I realise when it come to my faith and spiritual beliefs, I need to become a Spiritual Evangelist for Jesus Christ & God because it was part of my Spiritual Calling and Spiritual Life Purpose. I learnt from being homeless into working in ministries that I had a supernatural faith inwardly that was part of my soul, mind, spirit.

Being a Spiritual Evangelist was a Spiritual Calling into Ministries work because I was creating lots of YouTube Videos about Helping Other People – Faith – Music and I knew the next steps was to preach the gospel of Jesus Christ & God to people within the streets and communities. I believe nothing happen basic on coincidences and everyone is interconnected in some way.

I decided to create my own ministries called Christopher Liam Rose Ministries where I would preach the Gospel of Jesus Christ & God to people worldwide. In my ministries I was focus on Audio, Video, Sermon, Evangelism.

Once I decided to become a Spiritual Evangelist my life changed completely, and I believe now that my life was Spiritual Change into Truth & Morality.

I am not saying I am a perfect human being because no I am not because I have made massive mistakes and damage and hurt a lot of human beings from family, friends, ex-partners but I realise that Jesus Christ & God saved me from the fire of my home in 30/09/2014 and it is my duty to give my whole life to Jesus Christ & God by Spiritually Helping Other People & Giving Back.

I started my The Evangelism Ministry in my local community preaching the gospel of Jesus Christ & God to people on the streets of Southwest London and I would preach scriptures from the bible and try my best to encourage people to Spiritual change their life and become believer of Jesus Christ & God.

Faith is what lead me into Evangelism and my passion for helping other people and winning souls. I believe not every human being is called to become a Spiritual Evangelist. I

believe the people who have experience the serious suffering, pain, hurt, hardships, trauma, disappointments will go on to become Spiritual Evangelist and Pastor.

Evangelist - (Meaning) a person who seeks to convert others to the Christian faith, especially by public preaching.

Spiritual Evangelist (Meaning)

Here is how we define the spiritual gift of evangelism:

The ability to share the gospel of Jesus Christ with those who have not heard it before or with those who have not yet decided for Christ in such a compelling way that the hearer can decide to accept Christ as Lord and Saviour.

When Jesus Christ was on Earth he was evangelizing, healing, preaching, teaching, pastoring, ministering, to people to find their faith and relationship with God.

I believe it is my duty as a Spiritual Evangelist to preach the Gospel of Jesus Christ & God to everyone in every location around the world.

This is my spiritual life purpose and spiritual calling in my life.

Because of my suffering and pain, it gives me the compassionate and empathic for others and I want to try my best to bring people to Jesus Christ & God through evangelism and preaching.

Some people will never get the life opportunity to preach the gospel of Jesus Christ & God but for me I have been doing these for over 10 years since 2014.

Suffering & Pain with my passion for helping other people is what transform my life from homelessness into ministries.

Within my faith for Jesus Christ & God I am now making sure all my Evangelism is recorded and documented through Audios, Videos, Photos. This is something I was called to do with my life, and I am making sure that I go all out for Jesus Christ & God.

My Spiritual Life Work as a Spiritual Evangelist is my most important work and I do it wholeheartedly because of my faith and relationship with Jesus Christ & God.





**Christopher Liam Rose Ministries - Christopher Rose
Evangelism in Battersea 31.07.2023**



**Christopher Liam Rose Ministries - Christopher Rose
Evangelism In Euston 18.12.2021**



**Christopher Liam Rose Ministries - Christopher Rose
Evangelism in Holborn 09.04.2022**



Christopher Liam Rose Ministries - Christopher Rose
Evangelism in Vauxhall 22.05.2022



Chapter 15

Spiritual Revolution



I want to write this chapter in my book because I want the readers to understand the important of Spiritual Revolution & Spiritually Helping Other People. In my life story I have not had a perfect life it has had much life challenges and life struggles which I have had to go through as a Human Being but what is the reason for going through so much adversity, struggles, life challenges and serious circumstances within life. This is what become especially important for the readers. Spiritually Helping Other People and Giving Back.

There has been much talk about what is the Spiritual Revolution within Humanity - Animals - Universe and within the Society we live in. I have realised from my own life story and life experiences that Spiritually Helping Other People is the way to lead you to spiritual revolution. I am not saying readers that this is going to be an easy vocation to go through and learn but it's part of the real spiritual revolution.

The reason why I decided to write about my life story in more than 3 books so far is because of the Spiritual Change & Spiritual Revolution human being need to go through. I am not saying that it going to be easy to change because Spiritual Change is not easy at all it comes with lots of life challenges and serious suffering. But if you

really have been reading and understanding the important of my life story then please help other people and give back.

Why is the Spiritual Revolution so important to Humanity - Animals - Universe. Because within a Spiritual Change you don't become the person you need to be in society. I am not saying readers that people don't become successful - Yes, most people do become successful, but they don't have a Spiritual Change which they need to really help other people and give back.

Spiritual Revolution has not come for most people within this generation and evolutions because they don't understand the important of helping other people and giving back. I want the readers who ever reading my life story (Third Book) to realise there is a Spiritual Contributions and difference you need to make to society and universe.

Nothing is promise for all of us and we need to live life with Urgency and true spiritual fulfillment. Because what people within this society need to realise that without the Spiritual Change and Spiritually Helping Other People then is NO CHANGE - NO SUPPORT - NO HELP - NO CONTRIBUTIONS.

This is why without going through YOUR OWN spiritual revolution you would not be in the vocation of helping other people and give back.

What is it that get me to write books for over 10 years and work within Mental Health Industry support vulnerable people who have struggle all their life with mental health difficulties and life challenges. This is the truth now Spiritual Change & Spiritual Revolution.

Like I have discussed in my books for over 10 years I am not a perfect human being who doesn't have any life challenges or life problems. In my writing and books, I have experience all the Suffering for my own SPIRITUAL CHANGE & SPIRITUAL REVOLUTION.

I am not saying everyone that has experience suffering go on to help lots of people because life is not life that. Some people have learned and move on from their life experience and life challenges they have been through and have gone on to make a massive difference into others because of what they have experience personally but as I am writing this in my book not everyone has the Passion and Fulfillment to go on and make massive spiritual contributions.

Spiritual Revolution for Humanity comes with Spiritual Change. Without the Spiritual Change the Universe will not change.

In life we are all met to discover who we are as Human Being and what we have been called to do. Most people with suffering and life challenges never ever reach their potential or spiritual life purpose because they don't know or understand.

That is why working in a Vocation of Helping Other People and give back help to lead you to your spiritual contributions.

In my books and my writing my encourage is to change people lives to help other people and give back because that part of the Spiritual Revolution.

What I want to reader to learn from my books is Helping Other People & Giving Back.

That all I want the readers to learn from my books.

I am a human being just as you are a human being, but we need to realise that we all have a spiritual contribution to make for Humanity - Animals - Universe.

Spiritual Revolution is Very important but only few human beings ever find the important of it.

I want you to learn readers that it ok to make mistakes and choice the wrong path because that part of your learning and development. But I would encourage the readers to focus on how you want to help other people and give back. What difference do you want to make. How many people can you support and help in what they are going through. What legacy are you leaving for your family and children. How much of an impact are you going to make for Humanity - Animals - Universe.

I want the readers to really understand Spiritually Helping Other People and Giving Back.

In my life story I have realise that Spiritual Revolution become the Inspiration. But it is not easy to find or discover.

Without life experience and going through some serious Suffering you may never find the Spiritual Revolution.

Spiritual Revolution is something that doesn't need to be talk about it something you Do.

Learning is the start of the process because Spiritual Revolution cannot happen unless you discover You and Spiritual Calling.

I am not saying readers that just because you help other people and give back that you wouldn't experience

hardships, disappointments, overwhelming life challenges because it's part of the spiritual journey to discover yourself more.

People don't understand that Suffering make you humble and more resilience. If you develop yourself as a human being, you want to change Humanity – Animals – Universe in some way because the world we live in currently now is immoral and not correct.

Not every human being discovers what I am writing in this book this is for the people who want to discover and learn about Spiritual Revolution and Truth.

My life was not always moral or truthful because like I have discuss in my previous life story books (Part 1 – Part 2).

Everything I am doing within my Vocation and life came from my own self discover and learning from Paul Dorrington, Karen Meechan, Dag Heward Mills, Jiddu Krishnamurti.

Your Suffering even make you the person you need to be for others, or Your Suffering destroy you and you never see your true life or spiritual calling.

You decided readers for yourself – Do you want to help other people or not – Would you want to make a massive difference or not – Do you want a legacy or not.

Spiritual Revolution comes down to a Specific spiritual choice and decisions.

You can choose to live morality and help other people give back and make a difference.

Or you can choose not to live morality and go through the ongoing life problems and life challenges within never finding any solutions to your difficult.

Spiritual Revolution is the change we need in this Society and to change this society you have got to suffer something painful, and experience overwhelm struggles which is part of your Own Spiritual Calling.

Helping Other People is not what we call just regular work to do – If you understood the writing in this chapter of my life story. Helping Other People should be your Vocation, Life Work, Spirituality.

I have chosen not to talk about religions when I say Spiritually Helping Other People for a Spiritual Reason. I am not saying you can not be religious and help other people or you need to be completely spiritually before you can ever Spiritual Change. NO NO NO

Spiritual Change start from Today – Moving Forward – Helping Other People

Spiritual Change Today – Help Millions of people tomorrow.

In most of the spiritual books it talks about the Present moment and doing your actions today this is a very true thing because no one is promise tomorrow like I said in this chapter.

Spiritual Revolution

- Being Enthusiastic about Life Now
- Do your Spiritual Life Work Today
- Spiritual Change is Spiritual Revolution
- Each Person must discover their Spiritual Calling

- A change in Society means a Change in You (Personally)
- Spiritual Revolutions starts within each Human Being
- Spiritual Contributions is Spiritual Truth
- Learning is the way you Spiritual Change
- Yesterday - Today - Tomorrow is all in the Now (Living)
- Truth is Spiritual Freedom

Chapter 16

Spiritual Change

I want to write about Spiritual Change & Spiritually Helping Other People. This is one of the most important things I will write in the book about my Life Story. Spiritual Change is always about you changing spiritually inwardly and then outwardly. This is something that cannot be disturb through books or texts. No. This is a Spiritual Change that all Human Being need to go through before they can Spiritually Help Other People.

Spiritual Change starts inwardly and then outwardly.

This can become very confusing to people, but it is the truth we all need to learn.

If a person changes spiritually inwardly first then his outward actions will be a result of the inward spiritual change, they have experience and gone through.

You can not change society without going through a Spiritual Change first.

Please dear readers don't be surprised with my words this is the Truth.

If you want to help other people within your life and potentially help millions of people worldwide and internationally. First it starts with Spiritual Change and then you can do it.

Spiritual Change involved Actions and Learning. You are not going to change unless you have a burning desire and intensive passion for others. This is something that can be developed but not taught through books or lectures.

Each Human Being discovery the Spiritual Change before they can go on to do anything massive or significance to others.

In my life story I was 24 – 25 years old when I discover helping other people from Paul Dorrington & Karen Meechan not before after. Young person when I discover the Spiritual Change. In my books and writing the work I did with Paul Dorrington & Kareen Meechan inspire me the most in everything I do today.

What happened for me can happen for you too if your have a burning desire and true passion for others.

I started to help other people not because I was the best in my vocation or like I have written in my books of awarding awards. No. My work has nothing to do with anything I achieve within my life because it not my motivation at all.

What inspire me is Two People – Paul Dorrington & Karen Meechan my spiritual heroes. Then I develop my faith in Jesus Christ & God and Spirituality from Dag Heward Mills and Jiddu Krishnamurti.

The Truth of my Books and Writing is Spiritual Change.

You change Spiritually first and then you can become free.

Freedom is not talk about in this generation of society because most people have not become free.

What is it to become freedom and see all your dreams and desires come to fruition?

You change Spiritually first and what every action you do once you change spiritually can be free because there no conflicts or suffering.

Being free from Suffering can not be spoke about within books writing it something we all have to discover for ourselves.

Can you Spiritual Change and become free with true Spiritual Change?

This is special for the people who can find the Spiritual Revolution and Spiritual Change

Like I said in this book without Spiritual Change their no Spiritual Revolution it is not possible.

I will share the final secrets to this Spiritual Change because it is important, I get this message to millions of human beings.

SPIRITUAL FREEDOM MEANS YOU DON'T WANT ANYTHING.

It makes you not ambition or not ever never ever motivated by anything.

If you get true spiritual change, you only have only true desire, and it is a true massive desire.

Spiritual Change true desire

- To help hundreds, thousands, millions, billions of people worldwide

This True Desire is Pure and Timeless because you are not wanting anything from anyone or desiring something from somebody else.

Your life and Ministries become pure no hidden motivations, no agenda, nothing.

THIS IS THE TRUE SPIRITUAL CHANGE AND YOU MUST
CHANGE TO GET IT!!!!

Chapter 17

Thank You

I want to say Thank You to all the people who helped me to write my Third Book of Christopher Liam Rose Life Story (Part 3).

Paul Dorrington – Lead Employment Specialist (Spiritual Hero)

Karen Meechan – Clinical Psychologist (Spiritual Hero)

Dag Heward Mills – (Evangelist, Pastor, Founder of Lighthouse Chapel International) (Spiritual Father)

Jiddu Krishnamurti (Philosopher) (Spiritual Teacher)

All these inspirational people are my spiritual heroes who are truly respect and have so much love for.

I hope my Third Book inspire the readers who read it and please dear readers help other people and give back.

Remember in my Life Story – Spiritual Change is Spiritual Revolution

You Spiritual Change first inwardly and your outwardly actions will be spiritual.

Spiritual Change is the most important thing to bring a Spiritual Revolution

The Future Is Now – **Spiritual Change** – **Spiritual Revolution**

Christopher Liam Rose Books

- 1) Christopher Liam Rose Life Story (Part 1)
- 2) Be What You Want To Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfillment
- 10) Learn
- 11) It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
- 12) The Evangelism Ministry
- 13) Learning Is A Part Of Living
- 14) The Self Is The Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles
- 18) Christopher Liam Rose Journal 2015 - 2016
- 19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017
- 20) Losing, Sacrificing, Suffering

- 21) Observation
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- 23) SGR BOOKS - Christopher Liam Rose Music Discography
- 24) Christopher Liam Rose Journal 2018 -2019
- 25) Christopher Liam Rose Life Story (Part 2)
- 26) Christopher Liam Rose Life Story (Biography)
- 27) Imperfection To Perfection (Repentation)
- 28) Christopher Liam Rose Journal 2019
- 29) SGR BOOKS - Christopher Liam Rose Music Discography (Instrumentals)
- 30) Losing Is Inevitable
- 31) Christopher Liam Rose Life Story (Part 3)

Christopher Liam Rose Social Media Websites

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<https://www.facebook.com/christopherliamrose09>

Twitter - <https://x.com/ChrisRose091188>

Instagram

-

<https://www.instagram.com/christopherliamrose/?hl=en>

LinkedIn - <https://www.linkedin.com/in/christopherliamrose/>

Pinterest - <https://www.pinterest.co.uk/christopherliamrose/>

Podcast

Website

-

<https://christopherliamroseministriespodcast.buzzsprout.com/>

Follow Christopher Liam Rose Music on Social Media

Spotify

-

<https://open.spotify.com/artist/4DCTGknEGFngM7IJNIJODN?si=UOZ57GmdQki4hZ-xFdlSdg>

Apple Music - <https://music.apple.com/us/artist/christopher-liam-rose/1561501380>

Amazon

Music

-

<https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose>

Soundcloud - <https://soundcloud.com/christopherliamrose>

Soundclick

-

<https://www.soundclick.com/christopherliamrose>

ReverbNation

-

<https://www.reverbNation.com/christopherliamrose>

CHRISTOPHER LIAM ROSE

LIFE STORY

My Life Is Like A Story
(Part 3)

